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AMERICAN SURVIVAL GUIDE

The Magazine of Self Reliance

SEPTEMBER 1990 VOL. 12 NUMBER 9
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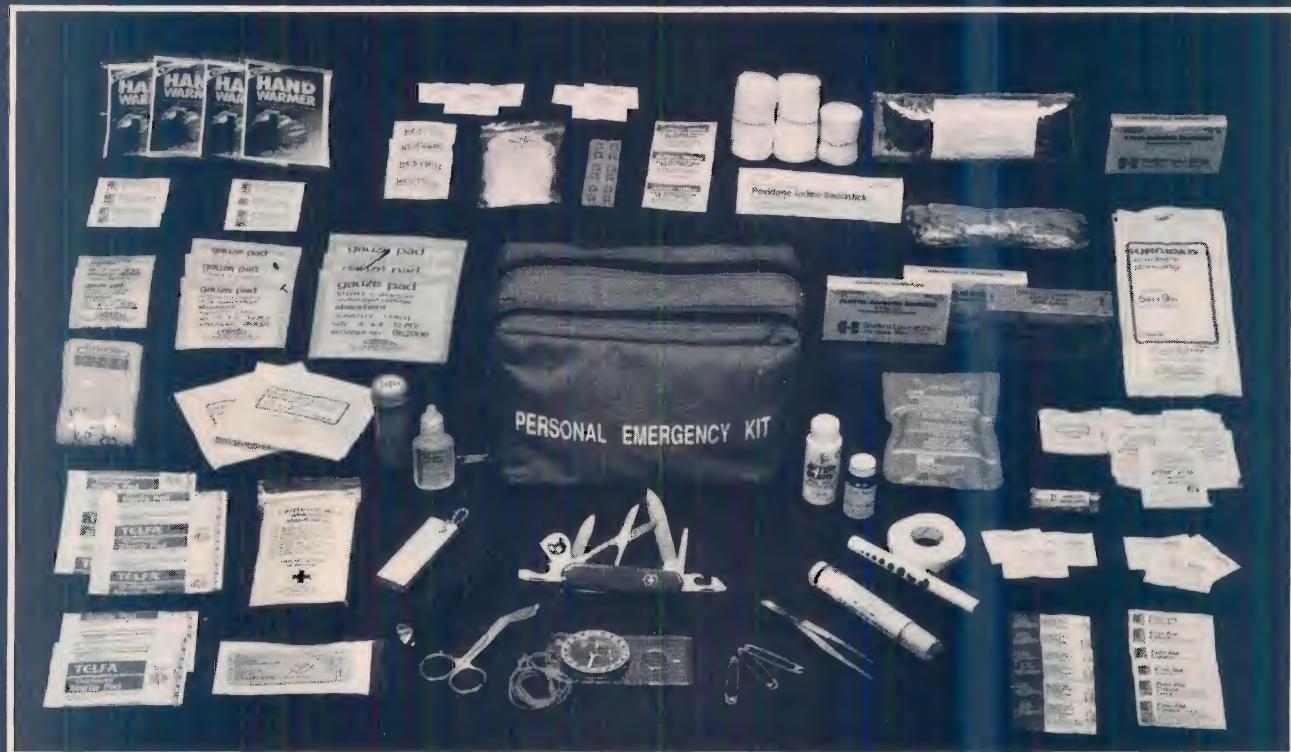
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AMERICAN SURVIVAL GUIDE

The Magazine of Self Reliance

SEPTEMBER 1990 VOLUME 12 NUMBER 9

COVER:

Feather Industries' AT-9 9 millimeter semiautomatic carbine is light, rugged, reliable and accurate. See page 24. Inset: Win this new SOG Government knife, other great prizes. See page 78 (Photos by Scott Stoddard).

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H.G. Long & Co.'s Re-Introduction of the

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Captain W.E. Fairbairn

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Unlike the "modified" and "re-designed" versions which have come and gone, this Fairbairn-Sykes Fighting Knife authentically recreates the originals developed for the British Commandos during World War II. And, just like the rare originals, each one is individually *benchmade*, the "old way," which further assures you of quality, rarity and, hence, collector value. The blade is actually drop forged, hardened, tempered and ground by hand—and using only the finest, high-carbon sword steel. Then, together with the steel crossguard, the blade is gun-blued to a deep black finish.

Of particular interest to edged weapons enthusiasts is the fact that this version features the distinctive "knurled" hilt found only on the earliest models. This was—and is—an expensive hilt design which was discontinued in subsequent, low-cost production runs during the war. The hilt, and the top nut, are lathe turned of solid brass, and specially blackened.

Adding to this knife's appeal and historical significance is the fact that it comes to you from H.G. Long & Co., one of England's most prestigious knifemaking firms. Established in 1846, these old-line craftsmen have a rich tradition of excellence in the making of edged weapons for front-line fighting men.

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TO THE POINT

If we're going to ban guns to save lives, we absolutely must also ban tobacco, alcohol and automobiles — for starters . . .

AS I am writing this, Congress is on the verge of passing the most severely restrictive firearms legislation in the history of this nation — legislation which would outlaw and or radically curtail use and possession of many different types of semiautomatic guns.

California and New Jersey have passed and made law separate pieces of extreme legislation forcing semiautomatic gun owners to register and or turn in their firearms. And other states have passed or are considering other harsh gun control bills.

The object of all this, we are told over and over by our left-wing dominated national media, is to save lives, and the only way to do this is to ban guns. The common people — you and I — simply cannot be trusted to own these firearms, we're told, despite the fact that millions of us do own them and have owned them for many years and the vast majority of us will never use these guns to commit crime.

But that doesn't matter, the elitist leftists who control the media constantly scream at us, *that doesn't matter*. All that does matter is that mass killers like Patrick Purdy and James Edward Pough — mentally ill people with long criminal records — committed heinous crimes with semiautomatic weapons, and therefore no one should be allowed to have one of these guns — and, eventually, of course, no other gun either. As I said, it just *does not matter* to the elitist leftists and their brainwashed followers that people like Purdy and Pough are a tiny tiny fraction of one percent of the population.

Oh yes, and let's don't forget those horrible, evil DRUG DEALERS. You're always hearing about how "assault weapons" are "the weapons of choice of drug dealers."

The wealthy, elitist Senator Ted ("Red Ted," of Chappaquiddick fame) Kennedy had declared during the Senate debate on the crime bill (S1970)



provision by Arizona Senator Dennis DeConcini to ban 14 semiautomatic paramilitary firearms that these weapons were fueling the drug-related violence on our nation's streets. DeConcini, who is under investigation for his role in the infamous Lincoln Savings & Loan failure scandal, is himself always railing about how semiautomatic assault weapons are used by drug dealers and therefore can and should be banned. Yet never, ever do you see any definitive statistics that such firearms are used heavily by the dreaded drug dealers. I don't believe there are any figures that would prove these guns are used extensively by drug dealers or in other crimes. In fact all the statistics I've seen show just the opposite — that more common firearms like pistols and shotguns are the most commonly used in crimes (this is not to say that some are of course used in the commission of crimes).

But then, who cares about statistics when human lives are at stake? Who cares about the facts?

If this is so, and if, as the anti-gun fanatics insist, we'll truly be saving lives by banning these guns, then why in the world are we not banning automobiles and trucks? After all, last year alone more than 45,000 people died on the nation's roads in vehicular mishaps. This is far, far more people killed than those killed in all the murders committed last year with firearms — far more than all the murders committed by any means. How can we justify not severely restricting driving privileges and banning certain types of cars and trucks? Why not ban licenses until people are at least 21? Why do you need a Porsche or a Corvette? Huh?! I mean, why do you need to go faster than 55 mph? Oh, maybe we'll let you go 60 or 65 to pass someone once in a while, but you sure as hell don't need a car or truck that'll do 100 or 140 mph!

(Continued on page 66)

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SEALS IN VIETNAM

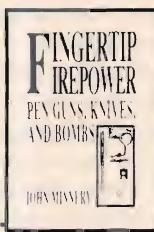
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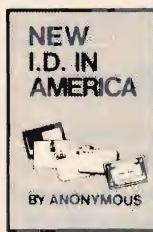
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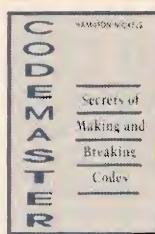
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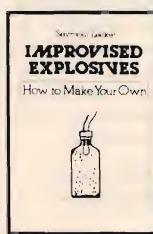
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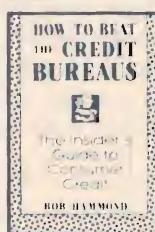
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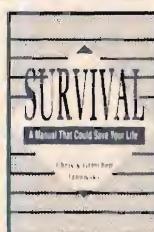
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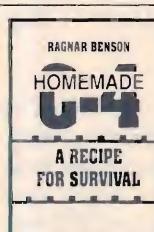
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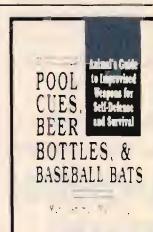
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SURVIVAL LINE

Asteroid avoidance, traffic safety stats, weather tech . . .

In a recently released position paper, the American Institute of Aeronautics and Astronautics, AIAA, has called upon the U.S. and other nations to begin programs aimed at detecting and tracking asteroids which may be on a collision course with Earth. Saying that, "earth-orbit crossing asteroids clearly present a danger to the Earth and its inhabitants," the Institute has also called for an international study of methods that might be used to "deflect or destroy, or significantly alter the orbits of, asteroids predicted to impact the Earth."

The AIAA position paper is a result of a near-miss between the Earth and an asteroid, 1989FC, in March of 1989. That asteroid, which is as big as an ocean liner missed the Earth by a mere 400,000 miles — less than twice the distance between the Earth and the Moon. The AIAA estimates that such near misses with as yet undetected asteroids occur as frequently as every two to three years. In fact, the Institute notes, that near miss with 1989FC was not discovered until the asteroid had passed. (For more info on 1989FC, see Survival Line — Aug. 1989.)

Traffic Safety Stats — According to the National Highway Traffic Safety Administration, the 1980s closed with the lowest annual traffic death rate ever. The traffic death rate in 1989 was 2.2 deaths per 100 million miles traveled, some 33 percent less than it was at the beginning of the decade, 1980. Fatalities in 1989 amounted to 45,500 — almost 2,500 fewer than the year before. Officials attribute the reduction in fatalities to increasing use of seat belts and stepped-up enforcement of drunk driving laws.

Weather Tech — Researchers at Florida State University working in conjunction with the National Meteorological Center in Washington, D.C., have announced the development of a new "supercomputer" weather prediction program. The program will enable

U.S. meteorologists to extend the length of their forecasts from the current five days to six days.

While the addition of one day to accurate weather forecasts doesn't sound like much of an improvement, researcher Michael Navon says that: "The impact of an additional day of forecasting around the world has been estimated at between \$5 billion and \$10 billion a year." Navon notes that many industries depend on accurate weather predictions for both short and long term planning. For example the airline industry uses weather prediction information in planning routes for planes that can take advantage of or avoid tailwinds. This in turn can result in major fuel savings for the company and lower ticket prices for passengers. Utility companies use national weather forecasts in planning fuel storage allocations. One utility in Washington has estimated that they have saved \$1 million a month in fuel storage costs by using national weather forecasts.

Supercomputers definitely offer "high-tech" weather forecasts, but weather experts say there is also a fairly accurate, "low-tech" method of short-term forecasting that most everyone can use on their own. Airline contrails, those thin clouds that one often notices streaming behind the engines of high flying jet aircraft, can provide an indication of what type of weather can be expected over the next few days.

Contrails are formed when high-temperature jet exhaust, which contains water vapor, hits the sub-zero temperature air at high altitudes. The water vapor in the exhaust condenses and rapidly forms clouds — contrails. According to experts, long contrails, including those which expand outward, mean the air at high altitude is moist, which in turn means that precipitation (rain or snow) can be expected in the next few days. Conversely, the absence of contrails, or very small contrails, mean air in the vicinity is sinking, warming, and losing its moisture, often a sign that you will have nice weather for the next few days. •

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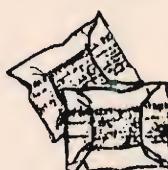
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We have peach, pear, and mixed fruit (peaches, pears, apples and cherries) all in light syrup. The bars are freeze dried and put in heavy, olive drab pouches. In this quality of packaging they will store for seven to ten years. We are selling them in packs of 36-12 of each bar only. If commercially canned with a nice label these bars would sell for \$38. #M113

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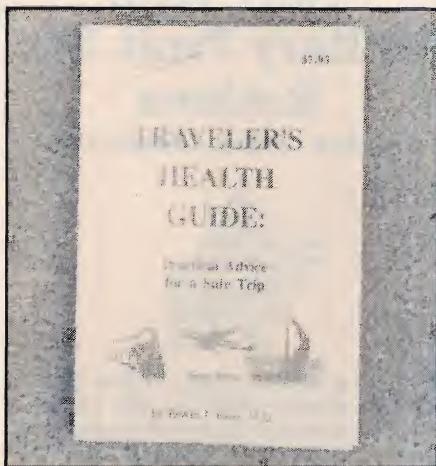
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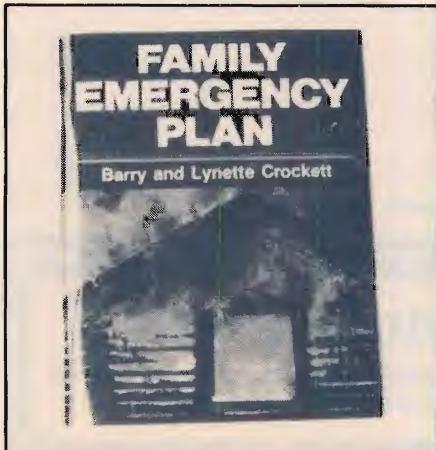
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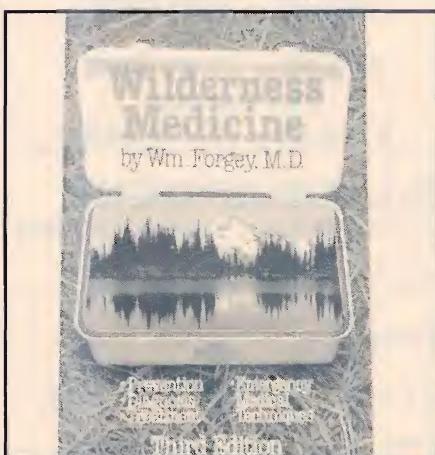
Traveler's Health Guide: Practical Advice for a Safe Trip, by Erwin J. Haas, M.D. Traveler's Health Publications, Inc., P.O. Box 2737, Dept. ASG, Grand Rapids, MI 49501; (616) 942-1271. 175 pages, softcover; \$7.95 plus \$2 postage and handling.

When traveling outside of the USA, you have a 15 percent chance of developing some kind of illness. The business traveler may lose the winning edge. Tourists waste valuable leisure time for which they paid hard earned dollars. You don't want to be sick. Knowledge can help you prevent many illnesses associated with travel. The advice in this book is a step-by-step guide for guarding your health. It is user friendly. Where medical truths are arcane, the author illuminates the way with well chosen anecdotes garnered from fifteen years of practice. Use this book as a personal medical consultant when you are off in places far, far away.



Family Emergency Plan, by Barry and Lynette Crockett. Available through NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099. 80 pages, softcover. \$8.95 plus \$2.50 shipping.

In the last decade, the nation has experienced the largest and most devastating volcano, forest fire, hurricane and earthquake in recent history. Also, the weather services recorded the most severe drought and the hottest and coldest seasons on record. Few can fully comprehend the impact of these disasters unless they have personally experienced their destructiveness. Thus, most people fail to prepare themselves or their families with safeguards against these life-threatening events. This guide was produced to help you develop an emergency plan with your loved ones and others which will enable you to survive a variety of disaster situations. Well-trained individuals fare much better under adverse conditions and in unexpected situations than do those who are untrained and unprepared. Through wise preparation, you can increase your family's chances of staying safe, reducing injuries and suffering and being able to cope better should disaster occur.



Wilderness Medicine, Third Edition, by Wm. Forgey, M.D. Available through SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside Calif. (800) 533-7415. 154 pages, softcover. \$7.95 plus \$2 shipping.

Doctor Forgey wrote his first edition of *Wilderness Medicine* back in 1979

because: "The medical literature was either too technical for the layman or written for search-and-rescue situations where evacuation was imminent. There was nothing available for people who were going to be out on their own for quite a while where rescue wasn't an option." The book is action-oriented and very easy to read. Learn how to do some of the things a doctor would do if available: suture a wound, fix a dislocation, use prescription drugs, etc. One of the best features of *Wilderness Medicine* are the listings of Dr. Forgey's six medical units or modules that comprise his expedition medical kit: The Topical Bandaging Unit, Non-Rx Oral Medication Unit, Orthopedic Unit, Field Surgical Unit, Rx Oral/Topical Medication Unit and the Rx Injectable Unit. He'll even help readers acquire prescriptions for the drugs listed in his "Rx" (medical prescription) units.

High Speed Entry, Instant Opening Techniques, a video from CEP, Incorporated, P.O. Box 865, Dept. ASG, Boulder, CO 80306; (303) 443-2294. VHS, 60 minutes. \$39.95 plus \$3.50 shipping.

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A Woman's Guide to Firearms, a video distributed by Bianchi International, 100 Calle Cortez, Dept. ASG, Temecula, CA 92390; (714) 676-5621 or (800) 854-8545. VHS, 60 minutes, color, stereo Hi-Fi, \$31.95 plus \$3 shipping and handling.

The point of this video is that a gun purchased for self-defense is only

(Continued on page 43)



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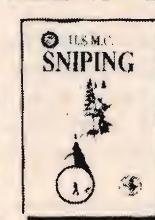
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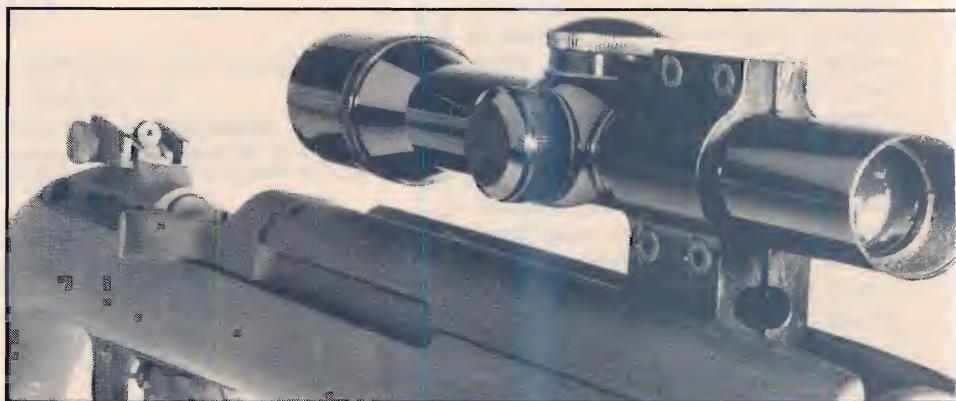
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NEW PRODUCTS



ASP Tactical Baton

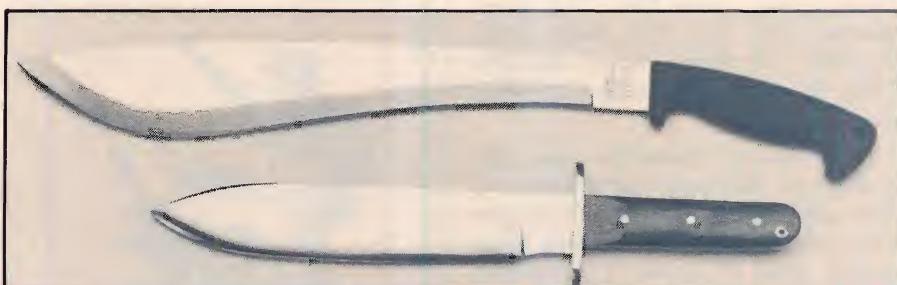
The ASP is designed for use in an unexpected threatening situation. The unit has been constructed using the highest quality aerospace alloys and mill-forged steel. Its non-reflective, low profile finish is rust resistant. The foam covered handle is not only attractive but provides a very firm gripping surface. The ASP is only seven inches long when closed, making it easy to conceal. With a flick of the wrist, it quickly springs out to over 21 inches and locks into place. The ASP is used by the U.S. Coast Guard and other federal law enforcement agencies. Normal retail price is \$59.95. ASG readers price (while they last) is \$44.95 plus \$4 shipping. Contact: Safetex Enterprises, 1269 Broadway, Suite 153, Dept. ASG, El Cajon, CA 92021; (800) 347-1749



30 M1 Carbine Scope Mount

B-Square announces a new mount for the popular utility classic 30 M1 Carbine. The B-Square Mono-Mount provides the fastest pointing "both eyes open" gun because it matches a pistol scope long eye relief (LER) with the lightweight carbine. The Mono-Mount clamps the pistol scope just ahead of the gun's gas cylinder. Mounting the

scope forward will not interfere with the gun's upward ejection. Little or no inletting is required to install. The gun's handguard can be left off or notched for the mount. The B-Square Mono-Mount is a "see under" design so the gun's iron sights can be used with the scope installed. Retail price is \$39.95. For more information contact: B-Square Co., P.O. Box 11281, Fort Worth, TX 76110; (817) 923-0964.



Blackjack Knives

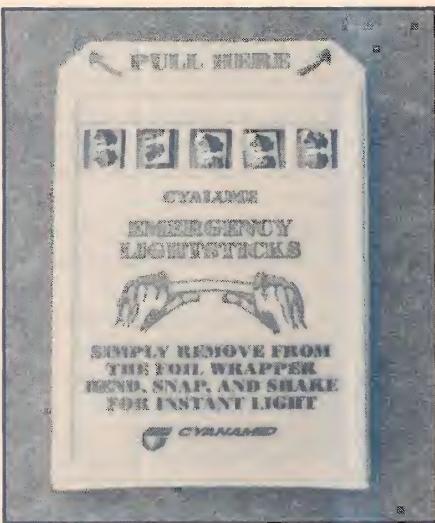
Berkshire Mountain Trading is offering the Marauder MK-II, with its machete length 15-inch blade, Hi-Carbon Chromium Vanadium Stainless Steel and non-slip Kraton handle. Includes a top quality break front sheath. \$109.95 plus \$5 shipping. Also available is the Moran Warner Camp

Bowie with 10-inch blade lasercut from CS-51 Hi-Carbon Steel. It is flat ground from $\frac{1}{4}$ -inch back spine to a razor sharp Moran edge. The massive brass guard is soldered to a full tang. Included is a top quality leather sheath. \$169.95 plus \$5 shipping. Contact: Berkshire Mountain Trading, 180-I Elm Street, Dept. ASG, Pittsfield, MA 01201; (800) 999-8388.

Aqua Blox Drinking Water

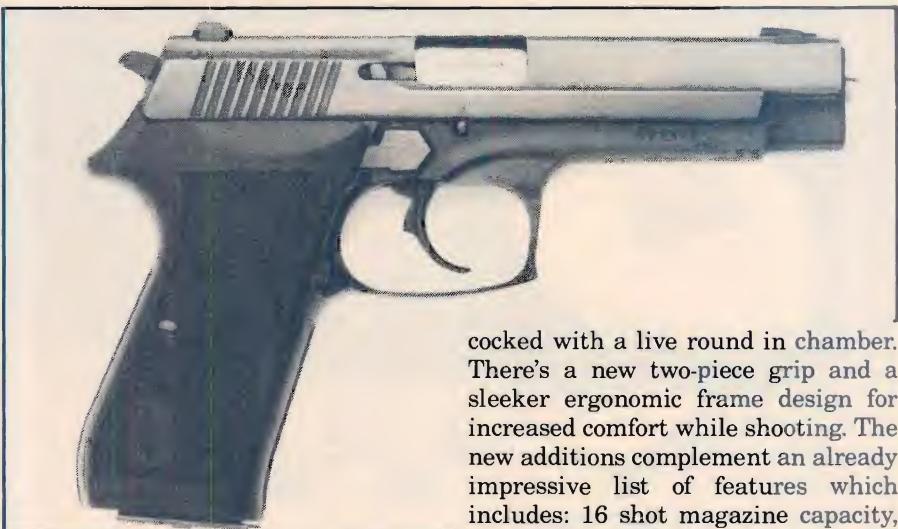
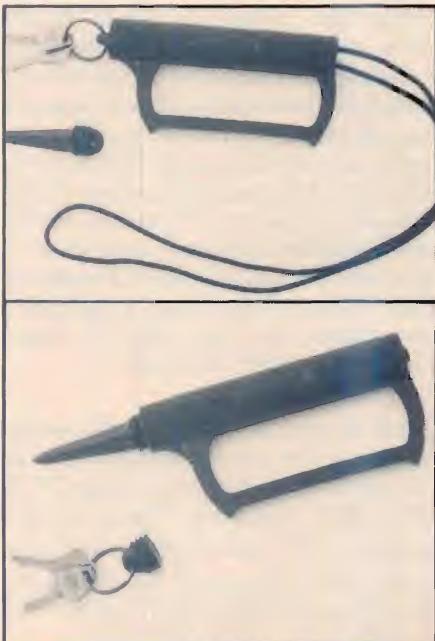
Aqua Blox units are a convenient way to add individual water rations to your survival packs for long term storage. Aqua Blox containers are similar to the new child drinks now found in many stores. Each box contains 8.45 ounces of purified, sterile drinking water and come with a telescoping straw. These straws can also be used in directing water for the cleansing of

wounds. Also can be used frozen as first aid cold packs. The water is hermetically sealed in the foil-lined packages and are FDA approved. Minimum shelf life is five years. A six pack sells for \$4.95 plus \$2.95 shipping or a 27 box tray sells for \$19.95 plus \$9.50 shipping. NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099.



Cyalume Personnel Evac System

This system incorporates the use of the Cyalume photoluminescent storage device which holds five Cyalume Lightsticks. Since this unique storage device glows in the dark, employees can quickly, easily locate and activate a Cyalume lightstick, even in total darkness. The storage device should be mounted at various locations throughout the building: near fire extinguishers, by exit doors, and near stairways. Each lightstick evac system sells for \$25.95 and includes five lightsticks. Without lightsticks, \$15.95. NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099. •



Bernardelli PO18 9mm

New features make the PO18 an even better gun. Decocking capability incorporated with the safety lever allows the hammer to be safely de-

cocked with a live round in chamber. There's a new two-piece grip and a sleeker ergonomic frame design for increased comfort while shooting. The new additions complement an already impressive list of features which includes: 16 shot magazine capacity, screw adjustable 3-dot sight system, trigger disconnecting safety, squared-off trigger guard, etc. Contact: Magnum Research, Inc., 7110 University Ave. NE, Dept. ASG, Minneapolis, MN 55432; (612) 574-1868.



Bivouac Buddy

Some can't wait a day and some go for days without a shower. But no one, even the toughest and "outdoorsiest"

of us, can deny the good feeling of a complete clean-up in the field. Here's a new lightweight and portable shower that gives you privacy and practically all the conveniences of taking a shower at home. It allows you to shower when you wouldn't have otherwise and it's great for dressing and porta potty privacy too. U.S. Cavalry's Bivouac Buddy is easily suspended from a tree limb or in cantilever style. The reservoir can be filled with heated water or water to be warmed by the sun. A push-pull plug releases the water and pockets in the curtain hold your soap and shampoo. It weighs only 13 pounds and collapses to a storing and carrying size of approximately 34 inches in diameter by 12 inches deep. Retail price is \$129.95 plus \$7.95 shipping. Contact: U.S. Cavalry, 2855 Centennial Avenue, Dept. ASG, Radcliff, KY 40160-9000; (800) 626-6171.

Ju-Jo Magnum

The Ju-Jo is a self defense striking stick with a handguard and a retractable cord. It's made of space-age reinforced Dupont Zytel plastic and is invisible to metal detection. The Ju-Jo has three basic configurations: (1) an impact key chain, (2) a garrote, and with a quick change using the threaded

spike-blade plug — (3) a spike weapon. It weighs only four ounces and measures 6 1/4" x 3" x 1 1/8". The Ju-Jo Magnum comes with a self defense manual filled with detailed photos. Retail price is \$18.95 plus \$3 shipping. Illinois residents add 7 percent sales tax. Para-Combatives, Ltd., P.O. Box 7039, Dept. ASG, Evanston, IL 60201.

NEW PRODUCTS



Hydro-Siphon

This siphon was designed for fast pumping — 1½ to 2 gallons per minute. The natural rubber bulb and clear plastic hose are easy to assemble. Just attach, place hose in liquid to be removed or pumped, and squeeze the bulb. No bailing, sucking or inhaling of fumes. Ideal for home, boat and car. Includes one 10-inch plastic hose, one 48-inch plastic hose, a natural rubber siphon bulb, and a storage bag. Suggested retail price is \$12.95. Available at most local auto parts stores, K-Marts and other discount stores.



Emergency Gas Meter Tool

Here is a simple but important tool that should be in every home. It is designed to be used to turn off gas meters and water meters in case of emergency. This meter wrench is made of mild steel and has two carefully designed slots that allow you to reach the valve from any position. It comes with a chain so you can hang it on, or above the meter for rapid access.

Nuwick 120 Hour Candle

The Nuwick 120 Hour Candle is a small, self-contained, special formulated wax that will provide up to 120 hours of use. Each moveable, reusable wick burns for 25 to 40 hours. Because the wicks can be moved about over the surface of the Nuwick candle, all available wax fuel can be consumed. If additional light is desired or if heat is needed for cooking, simply add another wick. \$9.95 plus \$2.85 shipping or six for \$49.95 plus \$4.95 shipping, 48 states. NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099.



Tele-Recorder 150

With the new Tele-Recorder 150 you can covertly record all of your telephone conversations automatically. This small high-tech device automatically turns on your tape recorder when the receiver is lifted off the hook, and then shuts it off when the call has been completed. Since the unit relays the conversation directly into the recorder from the phone line, the playback result is ultra clear. The unit will also record the tones or pulses of any out-going calls, and will covertly record conversations from any extension on the line. Price is \$39 plus \$3 shipping from: Safetex Enterprises, 1269 Broadway, Suite 153, Dept. ASG, El Cajon, CA 92021; (800) 347-1749.

Then in case of a broken pipe, earthquake, or fire you can rapidly turn off the gas to avoid further damage. \$3.95 plus \$1.95 shipping. Three for \$11 postpaid. SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside Calif. (800) 533-7415.



Emergency Radio Flashlight

The "Dynamo" is a portable AM/FM radio with an emergency flashlight included. Powered by rechargeable nicad batteries, the Dynamo features a hand crank generator that can recharge the batteries when they run low on power. Staff of Life Preparedness club member price is \$38.95 postpaid. Retail price is \$49.95. Staff of Life, 2300 E. Ave., Dept. ASG, Ogden, UT 84401; (800) 657-5303.



Kelty Packs

Kelty's new White Light line of internal frame packs marks the debut of Allied Signal's innovative Spectra fiber in this increasingly high-tech market. Kelty uses four ounce woven packcloth of 100 percent Spectra to create the White Phantom, a full size, full durability pack that weighs only three pounds, three ounces. The companion White Cloud pack weighs just two pounds, eight ounces. Compared to similar internal frame packs, this is a weight savings of almost 50 percent. Other features of the White Light packs include pressure sensitive foams, titanium stays, and state-of-the-art "size-to-fit" suspension. The White Phantom, with a capacity of 4,500 cubic inches, retails for about \$400. Available through sporting goods dealers.



Sangean MS101

Most people have never heard of Sangean, but they are the largest producer of multi-band radios in the world. Among their full line is a great travel or backpacking radio. The Sangean MS101 is compact measuring only 5" long x 2 1/4" high. For its price range,

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Small Equipment Items:

Pocket Survival



The gillnet can be put to use as a slingpak to tote up to 15 quarts of water in a plastic garbage bag.

POCKET survival is living in extremes. It is the ability of an individual to live through unusual conditions of deprivation, emotional shock, and hardship for an indefinite period of time. He does this with only the clothes he has on and a few basic items in his pockets.

Many survival experiences happen after an accident or a disaster. No one

A unique concept for a mini life support system . . .

By T.R. Zimmermann

can predict when, where or how one may occur. A wrong turn on the hiking trail, a faulty throttle in the Cessna, a rainslick highway or a brakeless runaway car on a mountain road are examples that could lead to a survival situation.

Cut off from outside help the traumatized survivor is forced to rely solely upon himself to escape to safety. He must quickly adapt to the conditions of the emergency or die. Nature is not gentle to the innocent or to the ignorant.

A sprained ankle or a broken leg in the woods, and you may find yourself in deep trouble with no rescue in sight. Intense thirst will drive you to drink pond water, while painful hunger compels trying any leaf or root that does not taste bitter or burn the tongue. Without a means of starting a fire, you will gladly eat raw tadpoles or crayfish provided you can catch them, and curl up into a ball for warmth at night.

Everyone should be forced to sleep in mosquito country for a couple of nights with only their clothes as bedroll and shelter. Such previous experience tends to encourage planning ahead for the next time. Who wants to suffer as he did before?

What you are wearing at the time does influence how you will come out of any life-threatening ordeal. Clothing is the best means of protection between yourself and the elements. It is the sole difference that separates comfort from misery, life from death. Indeed, what you have on gives you that extra edge needed in survival.

Dressing in layers is the main theme. In this manner, the body is allowed to adapt itself to changing day and night temperatures. Once you get cold, and there is nothing to put on for warmth or there is no shelter, death by exposure becomes a real threat.

This is why shorts and other skimpy clothing are not recommended for the outdoors. They may feel comfortable, but in reality offer little in

the way of protection from biting insects, the sun or any sudden changes in the weather. They belong to closely controlled environments and indoor activities.

Anytime you venture outside, take along a sweater or a hooded sweatshirt as insulation from cold drafts. If the social scene does not call for a sweater, stuff a pair of feather-weight polyknit, thermal ski-shirt and pants into the pockets of your jacket. In the cold of an unexpected outdoor bivouac, the sweater or skiwear's insulative value could save your life or lessen your discomfort.

A water repellent, wind resistant jacket is utilized in pocket survival for its warmth, rain protection, and as a carrier of bulk items. It should come with a raised collar, a hideaway weather hood, a sewn-in innerliner, and several flapped pockets for storage. More pockets can be added on the inner-liner side if necessary.

Extra clothing for weather adaptations includes a plastic pocket poncho, a polyknit balaclava, bandanna, gloves, and a pair of nylon rain pants. These adaptors are carried in pockets or in the space between innerliner and outer fabric of the jacket. People who do a lot of air travel should heed this advice. While in flight, never wear a nylon wind-breaker or parka shell over your clothing. Should an accident happen, a flash-fire may follow and in a split-second tragedy engulfs the wearer. Easily ignited, nylon melts and burning torch-like is next to impossible to remove. It is safer to wear a wool or leather coat for its lower inflammability.

Injuries must be expected during and in the aftermath of an accident. The four areas of the human body most likely to be damaged are the shins, the eyes, the head, and the hands. A severe wound to one or all may seriously reduce your chances.

There are preparations that may help to lessen injuries. (1) Wrap an elastic bandage around each lower leg extend-



Some pocket-carry health aids: (1) Liquid bandage for small cuts and wounds, (2) first aid pak, (3) lip balm for chapped skin and minor burns, (4) hand soap (5) pocket comb to maintain appearance and morale.

ing from knee to ankle, shielding the shins from abrasions, cuts, flash-burns, muscle strains, contusions, and animal bites or insect stings. The bandages can be removed when needed as support to sprains and broken bones.

(2) Wear protective eyewear, either safety or prescription, to prevent blindness or eye injury from flying debris. Attach an elastic restrainer strap to eye pieces to avoid loss.

(3) Always wear a cap or hat for its shade and insulation. Although a soft cap lacks complete head protection, it does provide a surface that slides away from glancing blows. This is better than leaving behind valuable parts of the scalp.

(4) Leather gloves are a must-have item whether driving or riding as a passenger. In the fury of a violent mishap, the hands are used involuntarily to ward off injury, to cushion the falling body, and to grasp at any avenue of escape. Gloves are the best means of defending against cuts, burns, animal bites, slashes, and crippling wounds to the hands.

The primary tools of pocket survival are a police whistle (worn around the neck), lip balm, compass, alarm wristwatch, pocket knife, matches, safety pins, first aid pak, adhesive tape, 30 feet of cord, snack foods, a thin plastic sheet, balloons or condoms, tissue paper, a pen flashlight, money, plastic garbage bags, a pair of socks, and a gillnet. All are carried on the person

or in the pockets of shirt, pants, and jacket. Large items are stashed inside the pouch made by a jacket's innerliner.

The police whistle has usage as a distraction in escapes from danger, signalling or to broadcast warnings. Three long blasts in succession is the universal plea for assistance.

Picture yourself for a moment lying badly injured in wreckage. Well-hidden from rescuers, you can hear them yet are unable to call out. The agony is unbearable as you pull out the whistle. A shrilling pain-filled blast or two, and you are receiving life-saving attention.

Could this happen to you? While taking a short-cut across an open field, you suddenly find yourself trapped by a herd of wild cattle with young calves. What can you do to save yourself?

There are few animals that will stand their ground if you will suddenly advance towards them with whistle-blowing, feet stomping, and throwing well-aimed rocks. Most herd-oriented animals will retreat in a frantic stampede.

Just make sure your line of attack is angled towards some cover or a fence, in case they regroup. Getting above an animal's line of sight will usually defuse the whole confrontation.

There are exceptions to remember. Large solitary animals, such as bears, tigers, alligators, etc., should not be approached for any reason. Use great

caution in exiting from their vicinity.

The alarm wristwatch and compass, preferably a combination of the two on the same wristband, are used for directions. The correct time, date, and the soft, familiar musical tone of the alarm emitted by the watch may be the trigger that draws the shell-shocked survivor back to the present realities. It may even stimulate him into action and save his life or other lives, too.

The wrist compass is utilized to determine at a glance the direction to travel. Knowing the way home is useful whether in the woods or in the darkness of unfamiliar neighborhoods of the city.

As a cutting tool, the pocket knife is depended upon to improvise wooden tools (hiking stick, digging stick, etc.), to build shelters, treat wounds, and to prepare foods. A variety of knives are currently on the market, but one of the best is the Swiss Army knife. Weighing less than five ounces, it has multifunctional blades and wider applications beyond everyday utility.

Shelter from the elements is first on the list of priorities in basic survival techniques. Lacking one, you may die as cold temperature saps your strength and exposes the body to hypothermia. Insulation must be found or improvised from the environment.

A wickup or brush hut is easy to construct from the materials close at hand and the gillnet. The easiest way to build one is to pull over a low shrub and tie its tip down with cords and stakes.

Use a knife to trim off the branches pointing skywards. Spread out the gillnet and tightly stretch across the arching pole and downwards branches to form a lattice.

After cutting away offending branches inside the frame, pile dry or wet leaves, grasses, ferns, mosses, pine boughs, bark or anything available in layers atop the netting. Pack it very densely around lower sides of the hut. The thicker the insulation, the more warmth the hut will retain.

To be completely waterproofed, cover the hut with plastic sheet, a 12x9 feet, 0.3 mil thickness, three ounce paint cover. Place logs or rocks on edges of the sheet to keep roofing in position regardless of strong winds or pile-driving bursts of rain.

The ability to make a fire for warmth, security, cooking needs, drying wet clothes, signalling, fire-hardening tools, and in first aid or medical care is second in importance. A fire helps to ward off dangerous

Pocket Survival

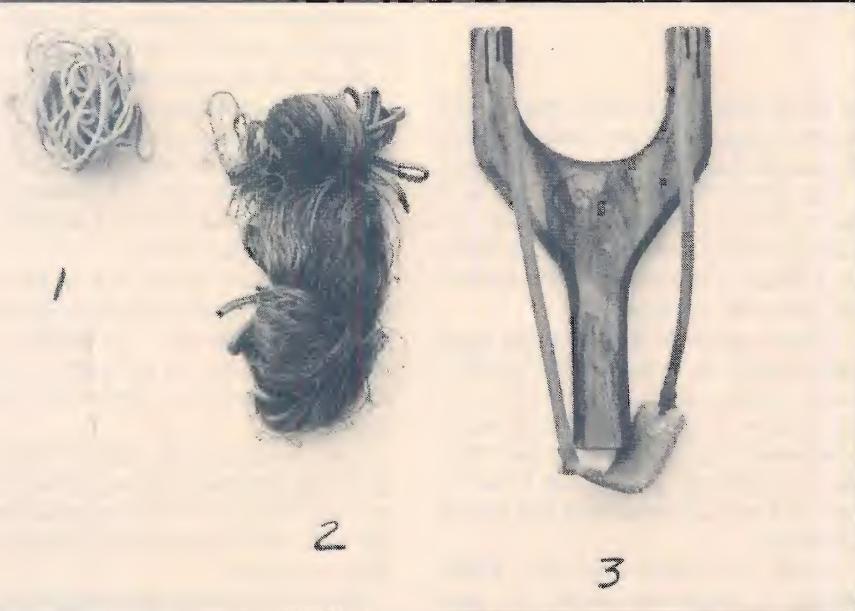
animals, too.

A matchpak containing wax-treated matches and fire-starter wicks or a butane cigarette lighter works well in almost every circumstance to start a fire. Perhaps, the safest method is to carry both but in separate pockets to prevent untimely loss.

A sparking flint or magnesium bar can be sewn into the hem of the jacket or pants for emergencies. Over 4,000 ignitions can be carefully made with a single magnesium bar.

The Swiss knife's hacksaw or metal file blade is the perfect striker for the flint. Also, the sawblade can be used

The basic foraging tools of pocket survival: (1) 30 feet of cord, (2) 12 foot gillnet, and (3) a slingshot.



to roughen up suitable tinder from any piece of dry wood. It takes only minutes to spark a warming fire with these limited materials.

No fire is ever made inside the plastic roofed wickiup because of problems with smoke ventilation and carbon monoxide poisoning. Instead, rocks are heated steaming hot in an outside firepit and raked in. A brick-size rock will release up to six hours of pure life-giving heat. Be careful not to collect rocks from sides of streams as they may explode in the fire.

In snowy conditions, the wickiup is warm and cozy under a thick layer of snow. Interior temperature can be kept at a pleasant level with natural body heat, whereas, outside the hut, tem-

peratures may be raging in subzero ranges and arctic wind chill factors.

For warmer weather, an overnight bivy can be made by rigging the gillnet into a hammock. Slung between two trees, a hammock puts the sleeper high above the ground and away from wet, boggy terrain or where the top soil is heavily infested with ticks, fleas, chiggers, scorpions or worse, stinging ants.

Triple secure all anchoring ties and clear the ground of rocks or protrusions before attempting to board the hammock. Loose or weak lashings means an unexpected crash-landing in the middle of the night. For rain protection, drape plastic sheet on a cord suspended above the hammock in a

vival as tote bags, bedding, shelter, and a variety of other needs. In cold weather, they can be worn under the clothes as vapor barriers to keep body warmth next to the skin. Leaf-filled bags have use as hut doors, wind-breaks, bolsters, pillows or as sleeping bags.

Folded flat and into narrow bundles, plastic bags are placed either in pockets or into tops of socks, resting against the shinwraps and held firmly upright with rubber bands. Five bags per shin are seldom noticed when packed around the lower legs above the ankles.

There is an added benefit in carrying the bags next to the shins. Personal experience can attest to their effectiveness in absorbing and repelling bites from poisonous snakes.

Out in the untamed wilderness finding water can be a problem for the survivor. One of the biggest hassles is how to carry it with you when you do find it.

For the pocket survivalist, the simplest way is to insert one plastic bag inside another. Up to 12 quarts of water can be toted in one waterbag by using the gillnet as a shoulder-carry sling-pak. Lash the top of the waterbag with a balloon for a tighter, almost dripless seal.

Upon arrival at a campsite, tie the upper portion of the waterbag to a tree to prevent spillage. Still resting on the ground, it becomes the main tank for camping needs. The camper draws what will be used for the evening into other bags.

A plastic bag can be used as a basin to bathe in or as a pot to cook foraged foods. Dropping hot rocks into the bag of water rapidly brings it to a boil and without melting the plastic. This is due to the cooling effect of the water. In many refugee camps of war-torn Lebanon, cooking in plastic bags has reached its zenith as an unmatched art.

The gillnet (12 x 4 feet dimensions) made of a fine line or nylon twine, has multiple uses. It can be rigged to catch fish, adding rock anchors or socks filled with sand and inflated balloon floats. Situated between two points of open water, the gillnet snags swimming fish. A pond or a stream may provide several meals for the survivor.

The gillnet can be used to snare birds by erecting between trees bor-

(Continued on page 20)

pup tent design.

To sleep virtually free of flying insect attack, wear the weather adaptors (poncho, rain pants, and gloves). Pull T-shirt over head of hooded jacket to cover the face and insert sooted feet into a plastic bag. The sleeper will not be bothered by biting insects, thus enjoying a good night's rest fresh and ready for tomorrow's journey.

You may sweat under the jacket and other wear, but sweat washes off or can be dried jungle-fashion by the campfire to prevent a chill. Numerous mosquito or blackfly bites could cause a feverish allergic reaction and further weaken the survivor.

Plastic garbage bags (1.6 mil thickness) have many uses in pocket sur-

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Pocket Survival

(Continued from page 18)

dering water holes, intersecting their flyways. It can be set across game trails to intercept and trap animals that bumble into its mesh.

It rolls up into a palm-size bundle for storage, weighing less than three to four ounces. The gillnet can be used in lieu of a rope, as a net wrap, camouflage netting (add foliage), scarf, and in many other ways. No woodsman should be without the handy gillnet.

In tick or flea zones, stuff pants cuffs into sock tops and wrap improvised gaitors around the ankles. A gaitor can be made from a strip of plastic or a bottomless plastic bag, taping to pants and tops of shoes. This is useful in snow-filled environments, too.

Interestingly, a no mess or fanfare method of picking off crawling ticks or fleas on the skin is to use a piece of well-chewed sticky, bubble gum. Trapped in the gum, they are entombed forever.

Hook ten or more safety pins to each inseam of pants high on the underside of the cuffs. Torn clothing is deadly in survival conditions, permitting entry of parasitic insects and loss of weather protection. Pinning and patching both sides of the rip with adhesive tape will keep the tear from becoming larger.

One of the easier ways of grabbing a meal in the wilderness is with a sweep broom. Look for a tall leafy shrub or a straight sapling and saw off its base. Cut away all branches except those at its topmost part.

Pulling pant cuffs above the knees or stripping naked from waist down,

An activated chemical lightstick taped to a long stick becomes a stick lantern for illuminating a trail at night.



and wearing sockless shoes to protect the feet, the hungry survivor wades into shallow water. With the broom he vigorously sweeps the shallows, literally lifting mud and prey (tadpoles, minnows, crayfish, prawns, or mud-dwelling fish) ashore to strand it. Several pounds of food can be collected with this method.

Another way is to make a dipnet out of a T-shirt by closing off sleeves and neck-hole with safety pins. A hoop stick, made by flexing a tree limb's smallest end back onto itself and securing with cord or tape, is overlapped by the bottom of the shirt. Six or more safety pins can fix the shirt to the hoop stick.

Using the dipnet to catch minnows or tadpoles is much slower than the sweep broom, but shows a greater efficiency in the take. Few prey will escape the dipnet when used properly.

The dipnet can be utilized to sweep tall grasses, gathering grasshoppers, crickets, and other insects dwelling there. Toasted in hot ashes, insects are a rich source of proteins and fats. A good supply of insects can keep you alive indefinitely.

An extra pair of socks are a priceless commodity to pamper cold, wet or tired feet. Also, they can be used as bags, mittens, bandages, pads, and other functional uses.

In escapes, socks are worn over shoes to improve traction for climbing or descending moist, slippery rock faces. An improvised sap can be made with a sock and the Swiss knife to repel physical assaults. Use a whistle to distract attention before whacking with sap.

All injuries must be promptly at-

tended. The contents (iodine swabs, wound preps, antibiotic ointment, butterfly tapes, adhesive bandages, aspirins, and antacid tablets) of the pocket first aid pak are used to clean, disinfect, and protect wounds, relieve pain, and to ease the stomach distress that may accompany trauma.

Additional survival aids to consider are: a tiny bar of soap, 3 feet of tin foil (cooking/trail-blazing), pencil and paper, water purification tablets, survival information cards, chemical lightsticks, hand mirror, 8 x 20 monocular (to scan direction of travel), a pocket-size metallized plastic sheet, and a slingshot.

In dark, unfamiliar terrain at night, tape an activated lightstick to end of a hiking stick. By keeping the light several inches above the ground enough illumination is produced to see the trail ahead. This is especially useful for night-time desert travel, as you can walk without fear of stumbling over unseen obstacles or risking injury.

Dressed in layers and carrying weather adaptors, you have improved your chances of surviving an unforeseen emergency. Your pocket survival items help to make a potentially traumatic situation more bearable, allowing instant adaptation to the extremes found in nature.

Weathering a rainstorm is less a problem when wearing a hooded jacket, cap, rain pant-shell, gaitors, and a plastic poncho. Should night descend and the storm is still brewing, the pocket survivalist can always rig the roofed hammock and sleep high and dry.

Caught in a rapidly approaching blizzard, you can dress yourself in vapor barriers, balaclava, skiwear, bandanna scarf, gloves, sock protection. More important is the ability to erect an insulated wickiup shelter to wait out the storm.

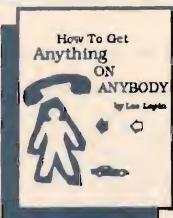
Once assembled and utilized in daily activities, the pocket survival concept is in essence a mini-life support system. In your pockets are the makings for escapes, shelter, bedroll, water collecting, food, health, warmth, directional signals, food-gathering, and defense.

Learn to depend upon your pocket survival gear, your clothes, and your own abilities to meet any emergency that may arise. Be ready for anything, and you will survive. ●

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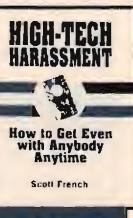
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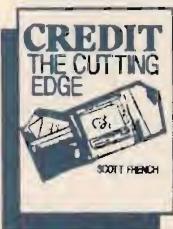
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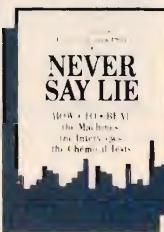
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High Efficiency Solar

Staff Evaluation

Last May, at what could be one of the last gun shows to be held in California (new gun laws have virtually ended gun shows in California), ASG magazine had a large booth with an amazing display of semiautomatic weapons. Since our booth was located outside, we brought along a solar panel borrowed from SI (Survival, Inc.). This high efficiency panel puts out 48 watts of power at peak performance. It is rated at 16.7 volts open and 2.88 amps.

Hooked up to the solar panel was a voltage charge controller also available from SI. The controller prevents the solar panel from overcharging and damaging expensive storage batteries. If several solar panels are wired in sequence, this little controller can handle up to eight amps. We had the solar panel and the controller connected to a Delco Voyager deep cycle battery.

As the solar panel charged the battery, an LED light on the charger lit up, confirming that charging was taking place. When the battery was fully charged, the controller automatically stopped current from the solar panel from reaching the battery. An LED on the controller signaled that charging was finished.

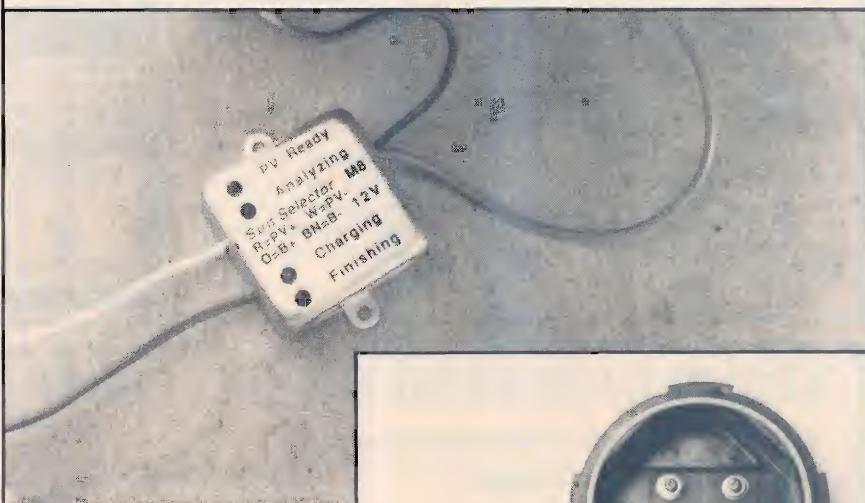
With the free energy collected by the solar panel and stored in the Voyager battery, we ran a small air compressor to fill the tanks of the Heavy Mortar from TRG Manufacturing. Although we were only shooting wadded-up cloth diapers, lots of people came by the booth to see what was going on. From sunlight, to electricity, to compressed air, our solar power system worked flawlessly.

The high efficiency solar panel we tested measures 17.5" x 39" and is framed in aluminum with a plexiglass shield. It sells for \$499 plus \$8 shipping and handling. The controller sells for \$119. If bought with a solar panel, the controller sells for \$85 postpaid. For more information contact: SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside Calif. (800) 533-7415. ●

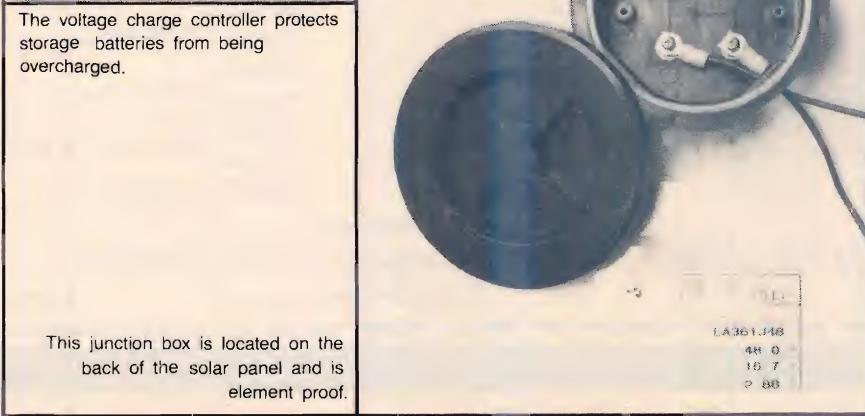
Combine this panel with a voltage charge controller for a remote power system...



SI's high efficiency solar panel delivers 48 watts, 16.7 volts at 2.28 amps in peak conditions.



The voltage charge controller protects storage batteries from being overcharged.



This junction box is located on the back of the solar panel and is element proof.

LA361J48
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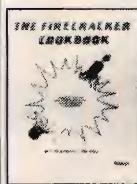


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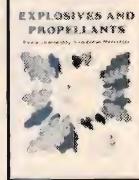
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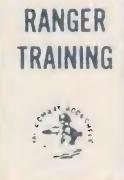


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Feather Industries:

AT-9 Carbine

9 millimeter big brother of the popular AT-22 carbine... .

By Jim Benson



The AT-9 is compact and lightweight.

WHEN we reviewed Feather Industries' then new AT-22 .22 Long Rifle semiautomatic carbine a few years ago we were very pleased with its performance. Apparently many other people thought so too, because the AT-22 is today one of the most popular .22s on the market.

Now the AT-22 has a big brother in 9 millimeter NATO caliber, the AT-9, and from our initial encounter with this nifty, lightweight, compact semi-automatic carbine, we're convinced it's going to be as big a hit as its .22 caliber sibling.

The designation "AT" stands for Advanced Technology, according to Feather literature, and that seems an apt description of the AT-9, which is designed, developed and manufactured in the U.S.A. by skilled technicians using the most modern computerized equipment and high-tech alloys and polymers.

The receiver is aircraft aluminum. The interior parts are all hardened steel. The barrel is 4140 chromoly steel. The pistol grip and fore end are Dupont nylon and the collapsing buttstock is steel. The entire gun has a matte black finish to it.

Aside from being a little bigger and somewhat heavier than the AT-22, the AT-9 is remarkably similar in appearance to the AT-22 and the operation of the AT-9 is essentially the same as that of the AT-22. Perhaps this is why Feather advertises the two guns as the "Dynamic Duo."

The M1-type safety lever located in front of the trigger locks the trigger and sear.

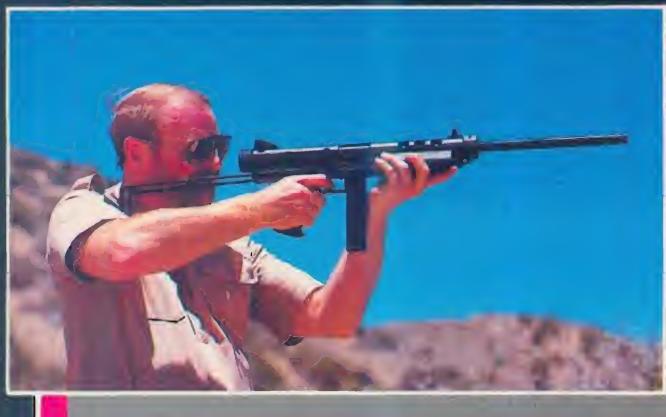
Field stripping is again, the same as with the AT-22. After removing the magazine and checking to be sure the gun is unloaded, the bolt is closed and the trigger pulled. The rear cap is unscrewed from the receiver (watch out for spring pressure) and the springs and buffers are removed, and then the bolt, after lining up the cocking handle with the hole in the receiver and withdrawing it so the bolt can be slid out the rear of the receiver. The barrel is



This rapid fire 8-inch group was fired from 45 yards away. Slow aimed fire yielded much better accuracy.



The rear sight is an HK-type aperture adjustable for windage and elevation. Front sight is a fixed post with protective ring.



Besides being fun to shoot, the AT-9 is very accurate with its excellent adjustable sights.



Available accessories include this fore end pistol grip.

pulled out of the front of the receiver after unscrewing the receiver cap. Small spring loaded retaining clips must be lifted before removing or replacing the receiver caps.

And as with the AT-22, Feather makes and markets a number of accessories for the AT-9. These include a fore end pistol grip, sling and swivel kit, see-through scope mount and padded Cordura nylon carrying case as well as replacement barrels and other parts.

We took the AT-9 to a public shooting area in the mountains with several types of ammunition for it. The owner's manual states that the AT-9 is designed to use high quality standard velocity 9 mm Parabellum (Luger, NATO) military ball cartridges only. Use of re-

loaded or remanufactured, +P or +P+ ammunition voids the limited one-year materials and workmanship warranty. The manual states that hollow point ammunition "may not feed properly."

We loaded up the two 25-round stick magazines supplied with the gun with some 124-grain Chinese full metal jacketed surplus ammo, some American Eagle 115-grain FMJ cartridges and some Winchester Silvertip 115-grain hollow points and Remington 115-grain jacketed hollow points. All of this ammunition was fired in the AT-9 without a hitch. Not one jam or malfunction of any kind.

We fired from the shoulder and the hip, with slow aimed and rapid fire strings at targets from 15, 45 and

approximately 100 yards away during our test shooting with the AT-9. Just as I had experienced with the AT-22 years earlier, the AT-9 with its excellent adjustable rear aperture and ringed front post sights is quite accurate. We were able to hit just about anything we aimed at at all ranges — and with almost no adjustment of the sights.

The AT-9 is great fun to shoot. Its light weight, compact size and larger ammunition capacity are real pluses. Add to these the gun's inherent accuracy, handsome appearance and fairly rugged construction and you have one super gun for the money. •

Continued on page 66

Rocky, Sandy:

*Tips for
staying
alive near
the sea...*

Shoreline Secrets



Five-year-old Britta collected these tasty blue mussels and an assortment of snails in just 10 minutes on a rocky point.

Mussels and mollusks should be cooked before eating to kill bacteria and other dangerous organisms



Irish Moss is edible and quite common in many regions.

By Bob Newman

THE vast majority of the population of the United States lives within a few hours drive of a coastline. Theoretically, therefore, we can assume that the majority of Americans, when faced with a survival situation, will be within traveling distance of an ocean or sea. This is fortunate, indeed, when you consider the outstanding resources the shore has to offer a savvy survivor.

How one goes about the business of wilderness survival along a coast will be governed or affected by the precise type of coastline the survivor finds himself on. For instance, rocky shores in temperate zones may provide a survivor with mussels, mollusks, an assortment of seaweed and various echinoderms, all of which may be edible or otherwise useful. Tide pools found in

rocky outcroppings may contain fish of surprising size and quantity, as well as the aforementioned edibles.

On the other hand, a sandy shore in that same zone may yield similar food sources, but these food items may be a bit harder to come by. Then again, this fact may be outweighed by the ease with which one can acquire palatable water in the sandy region, as opposed to the rocky one. Instead of searching for streams or creeks like the "rocky" survivor would likely be forced to do, the "sandy" survivor could dig a shallow beach well and have plenty of water.

So what we have here are so-called "trade-offs." One area is well-suited for food, the other more so for fresh water. What both have in common, though, is a hinterland, i.e., the land behind the shore itself. What that hinterland contains for shelter spots and material, tinder, kindling and fuel for a fire, and

possible signal materials, can make a huge difference in just how easy a time of it a survivor has. The terrain, too, of this region, and whether the survivor is on the leeward or windward side of a peninsula, island or near-shore mountain range, will play important roles. As you can see, there are a lot of variables, here.

We know that any survivor, regardless of his exact situation, will have to deal with one, though probably more, of five skill areas, those being first aid, signals, fire building, food and water, and shelter. These five areas of concern are collectively known as the "Pattern For Staying Alive" or "Systematic Survival."

First Aid — The shoreline will present the survivor with some special concerns. The fringes of the oceans and seas are unique places, to say the least. Strange creatures with names like Lion's Mane, Portuguese Man-of-War, Fire Sponge, Common Razor and Long-spined Urchin can be found on or just off shore. All can quickly and easily make life a terrible struggle for the unwary survivor.

Injuries that appear minor at first, have a nasty habit of becoming excruciatingly painful and even life-threatening, in a remarkably short period of time, along the shore. The survivor who can not or does not treat all wounds swiftly and correctly is a threat to his own existence.

While diving for lobster and abalone off San Clemente Island, Southern California, in December of 1986, I failed to immediately treat two tiny, open blisters that had appeared on one toe of each foot. When I finished my third and final dive of the day, I noticed some pain in my toes, but being a Marine, decided that I could put up with the pain, which I assumed would soon subside.

By dawn, I knew I had made a major mistake. The pain was now so unbearable that I could not walk. The diving medical technician aboard "ran the tables" three times to insure I was not "bent," but determined that I was okay there. I was medically evacuated or "medivacated" to Balboa



Susan peers into a tidepool which may hold fish, crustaceans, mollusks and edible seaweed, as well as hazardous barnacles.



Coastal areas may contain food, water, shelter material and other items useful for the crafty survivor.

Naval Hospital, where what seemed to me to be the entire hospital staff tried to figure out what was making this Marine perform his "final, frenzied dance of death," every time you so much as thought about touching his inflamed foot.

They never did figure out what I had, for sure, but they did treat the ailment with oxyillin intravenously, which cured me in about a week.

The moral of the story is, threat all wounds quickly and completely, regardless of how trivial they appear to be. Assume nothing but the worst.

A very common injury experienced by survivors along the sea shore are abrasions. Abrasions, especially those caused by coral, can become infected in no time — a situation the survivor needs to avoid. Caution is the key to avoiding them. Always wear footwear that will lessen the chances of you stumbling and falling, whether in or out of the water. Use a wading staff while scavenging in the shallows.

Punctures are also very common. Creatures like stingrays love to rest on sandy bottoms in the shallows, half hidden by sand. The protein-based toxin found in the barb on their tail can cause serious injury and intense pain. A hot water soaking of the wound will help alleviate the pain and reduce swelling in doing so.

Signals — Although sandy coasts are generally preferable for the construction and use of visual signals, the rocky shore can be just as facilitating for the crafty survivor.

Many if not most shores have seaweed of some sort on or near them. Some dry species of seaweed produce a great deal of smoke when heaped onto a blazing fire. That same seaweed can be used to spell out "SOS" on a beach.

If you have reason to believe that rescue will be made via helicopter, set your seaweed signal fires in a row, three of them, about 25 yards apart if you have the room. This will allow the pilot to get a good idea of wind direction in the landing zone.

If I were you, I would never be caught without a signal mirror. Who knows how many survivors have been rescued because they "flashed" a passing aircraft with a signal mirror?

Audio signals can be of good use on a shore, but many tend to be drowned out by the action of the surf. As with all portions of this system of survival, approach signal construction and use from a worst case scenario.

Don't forget that that same wind that easily neutralized the effectiveness of your whistle, can neutralize your signal fires, too. Your fire sets must be constantly checked to determine their state of readiness. They

must be ready to be ignited at a moment's notice from flames carried by you, from your base fire, which will usually be your camp fire.

If I had my way, and I often do, I would have three visual and three audio signals prepared for use at all times, day or night. If I knew that one or two would not be of any use at a particular time, I would have alternates in mind.

All of my signals would COMMAND a passer-by's attention.

Fires — Fire site selection is extremely important when it is to be used by a shoreline survivor. Quite frequently, the best location for your fire site will be near where the hinterland meets the shoreline itself. This border area may provide the survivor with quick access to his signal fire sets, as well as fire building materials both on the beach and in the hinterland itself. In other words, it puts you right in the middle of the action. As far as the fire "triangle" — heat, fuel and oxygen — is concerned, this region also protects the fire from too much wind and other elements that might have an adverse effect on your camp fire.

Tinder can come in many shapes and forms along the coast. Sandy beaches often have fine grasses growing behind the dunes. Seaweed that was hidden by the sea at high tide may become visible and accessible at low tide. When dried out in the sun, thin strips of it can make good tinder. In subtropical zones, the inner husks of coconuts can be torn into shreds and dried, if necessary. It makes fine tinder. In temperate zones, the shore may be lined with conifers. Take some of the lower-most branches that are bare of needles, and shave off some resinous shavings. They, too, can be used as tinder.

Kindling may come in the way of those same conifer branches, but a little thicker. Driftwood can be chopped into thin sections, no thicker than a pencil, and used as kindling. Brush pulled from beneath that row of low shrubs might be just the ticket.

And fuel? Shorelines are frequently ripe with the stuff, since they are subject to fierce storms. Those storms blow down trees and sometimes even tear up the roots. The branches and limbs of those trees, plus the material the tree knocks loose on its way down, can be put to some very good use as fuel for your fires. The interior of a dead, fallen tree, known as punkwood, makes

(Continued on page 62)

Pulse, Respiration, Blood Pressure, Temperature:



Here a blood pressure cuff is in place over the brachial artery and inflated to about 240 mm Hg.

The author, a former Army Special Forces weapons specialist and Vietnam veteran, is a certified Emergency Medical Technician and certified Crash Injury Management Technician. He also has a degree in Criminal Justice (law enforcement) from the University of Nebraska and is a graduate of the Nebraska Law Enforcement Training Academy. He is a Nebraska certified Peace Officer — The editors.

A sphygmomanometer and stethoscope are basic tools for measuring blood pressure.

Durango, Colorado, firefighter/E.M.T.s and paramedics attend to an injured person, monitoring his blood pressure and pulse, in this training simulation.



Vital Signs

Can you say "sphygmomanometer?" . . .

By Rick Farley

IF you can't, don't feel bad. I had been using one for a long time before I knew that the technical name for a blood pressure cuff was a sphygmomanometer.

At the scene of an accident one night a bystander decided he needed one more than I did. When I was filling out the theft report I realized I couldn't even pronounce it, let alone spell it. If your tongue trips over the correct pronunciation (sphyg-MO-ma-nom-eter) no one cares. Fancy words don't help when it hits the fan.

There are four things that will tell you the state of well being of anyone who is seriously ill or injured. They are pulse, respiration, blood pressure, and temperature. These are known as the vital signs. Three vital signs can be measured with your eyeballs and a watch, but one, blood pressure, requires the sphygmomanometer and stethoscope.

A blood pressure cuff is a very simple device. It's a cloth covered air bladder with two rubber tubes attached. One tube is connected to a rubber bulb. The bulb has a simple thumb screw valve that is closed while you inflate the cuff, and opened while you deflate it. A second tube is connected to a gauge. The gauge has a dial calibrated in millimeters of mercury (mm Hg), usually from 20 to 300 mm HG. in 10 mm increments. A second type of cuff incorporates the gauge and bulb on one tube, rather than two — a feature that is very convenient in many cases.

The cuff does nothing more than provide the means to momentarily shut off the blood flow through an artery so the high point and low point of blood pressure can be measured and changes in blood pressure can be monitored over a period of time.

Normally a blood pressure reading

is taken by placing a blood pressure cuff and stethoscope over the brachial artery. This artery is convenient and readily accessible. The brachial is located close to the surface of the skin on the inside center of both arms at the elbow. The cuff is wrapped around the arm about an inch or so above the elbow (hook & loop fastening is commonly used to keep the cuff in place). The valve on the rubber bulb is closed and the bulb is squeezed to inflate the cuff. When the pressure in the cuff exceeds the highest pressure in the artery, the artery is squeezed shut and no blood flows downstream.

You can tell when the cuff pressure exceeds the highest blood pressure by watching the needle on your gauge. As you inflate the cuff you will notice that the needle bounces. This tells you that there is still insufficient pressure in the cuff to shut off the highest blood pressure. The bounce is caused by the heart pumping blood at a higher pressure than the pressure from your cuff. Keep pumping. When the pressure from the cuff is higher than blood pressure, the bounce will stop because no blood is flowing through the artery. Usually the pressure in the cuff will exceed blood pressure about 150 to 200 mm Hg. You will now need the stethoscope.

A stethoscope is a listening device. It's handy for listening to other things, such as lung sounds, but we'll confine this to blood pressure only.

The stethoscope is just two pieces of hollow rubber tubing. The two tubes are joined together at one end in a circular metal housing. Most modern scopes offer a choice of a large (approx. 1½" dia.) and a small (approx. 1" dia.) diaphragm. This diaphragm is placed over the brachial artery when measuring blood pressure. To choose between the large or small diaphragm, just rotate the housing.

Towards the opposite end of the stethoscope are the earpieces. Two curved metal tubes provide enough spring tension to allow you to insert both earpieces in your ears without having to use your hands to hold them there. A choice of plastic or rubber replacement earpieces and spare diaphragms are also included in your kit.

To check vital signs, measure respirations by counting the number of times per minute the chest rises and falls. **Usually an adult breathes 12 to 20 times per minute.**

Measure the pulse by placing a finger on any of several pulse points, usually the carotid artery on either side of the

neck, or the radial pulse on the wrist. Count the number of beats by looking at your watch for 15 seconds and then multiply by four to obtain the beats per minute. In the normal adult the pulse should be between 60 and 80 beats per minute.

Temperature should be 98.6 F. (37 c.) but in the field, just place your hand on the victim's forehead and feel for extreme heat or cold. If time permits use a thermometer by placing it under the tongue for at least three minutes.

If you fail to detect breathing or a pulse check your ABCs: Airway, Breathing, and Circulation, and be prepared to do CPR (Cardiopulmonary resuscitation).

This leaves the remaining vital sign, commonly called "B.P." but a little explanation is in order.

Force Of Blood — Blood pressure is the force that circulating blood exerts against the walls of arteries. The heart muscle contracts to send out a spurt of oxygen-saturated blood to all the organs of your body. It then relaxes for a moment while the heart fills with more blood. Then it squeezes again and sends out another shot of blood. It is this rhythmic motion of the heart that enables us to feel and count the beats of the heart by placing a finger on the neck artery or wrist artery and measuring beats per minute. Counting a pulse rate only tells you that there is blood pressure, but it won't tell you if the pressure is stable, or going up, or going down. You need the cuff and stethoscope for that.

We're all going to die. It may be slow and expected, as in a long bout with cancer, or it may be very fast and unexpected, but regardless, the process will be the same. Think of it as journey down a highway from life to death. Fortunately this journey can be interrupted at any point if you recognize the signs and symptoms. Being able to measure changes in blood pressure is a vital indication of how far down the highway your victim has traveled.

First the victim loses the ability to communicate. They become less aware of their surroundings and do not seek to express themselves.

The victim then loses consciousness. They are completely unaware of their surroundings and cannot be aroused.

As the victim slips deeper into unconsciousness, the muscles relax and the tongue falls back against the throat causing airway obstruction. Within a minute or two the victim is in respiratory arrest.

In another minute or two the heart stops because it cannot function without oxygen from the lungs. The victim is now in cardiac arrest. This is the point of clinical death.

All the vital organs are now starving for blood and oxygen and the most vulnerable organ is the brain. Brain cells begin to die and within a very short time (4 to 6 minutes is a rule of thumb) enough cells have died to cause biological death or complete death of the organism.

Many things cause injuries, but very few are immediately life threatening. The four primary threats to life are: 1) an obstructed airway, 2) respiratory arrest, 3) cardiac arrest, and, 4) severe bleeding.

If your victim is unconscious, do not forget the all important ABCs. Check the Airway, Breathing, and Circulation and control any bleeding. Now you're ready to measure the high and low points of blood pressure.

When the heart contracts, the pressure goes up and when it relaxes the pressure drops momentarily. Because of this squeeze/contract cycle (slightly faster than once per second) the entire volume of blood, about 12 pints, is circulated about once per minute in a somewhat jerky fashion. The highest point of blood pressure is called "systole" and the lowest point is called "diastole." It is the cuff and stethoscope that allow you to hear systole, the highest pressure, and diastole, the low point when the system returns to its resting level.

Taking Blood Pressure — Wrap the inflatable cuff around the victim's upper arm with the lower edge of the cuff about an inch above the elbow. The arrow on the cuff should be centered over the brachial artery. Place the diaphragm of your stethoscope over the brachial artery and listen for the pulsations. Close the valve on the bulb and quickly inflate the cuff to sufficient pressure to shut off the highest pressure in the artery. The needle on the pressure gauge will stop bouncing with every pulse beat, usually about 150 to 200 mm Hg. With the stethoscope still in place over the brachial artery, slowly release the pressure in the cuff using the valve on the bulb. Keep your eyes on that gauge! Release pressure slowly, **about 2 to 2 mm Hg. per second.**

As pressure in the cuff falls, at some point the highest arterial pressure will again equal cuff pressure. At this point

(Continued on page 60)

Changing Times

The Soviet nuclear threat is as strong as ever, and many third world countries are getting NBC warfare capabilities...



President Bush and Soviet leader Gorbachev meet last year. Prospects for greater cooperation between the U.S. and USSR in world affairs are improving but many differences remain (David Valdez, The White House).

By Michael Pietrantonio

"**M**AY you live in interesting times." This ancient Chinese saying seems at first glance to be a benevolent wish for someone's future. In reality however, this wish means something quite different. In the culture in which this saying originated, "interesting times" meant times of chaotic, often bloody, and always potentially dangerous changes. The saying is thus not a blessing, but a curse.

We are now living in "interesting times." Great changes are taking place all over the world. But changing times, as the Chinese sages knew well, are historically, perilous times.

Over the past few months Americans have been bombarded with the images of freedom. The hated Berlin Wall being torn apart bit by bit by joyful Germans. The people of Czechoslovakia electing a president who, just months

before, had been a political prisoner in a communist jail. The bloody revolution fought and won by Romanians reclaiming their country from the communist tyrants who ruled them for 45 blood-stained years. Nicaraguans voting for freedom and against the Marxist Sandinistas. Marvelous and wonderful images all.

These have been heady days for freedom lovers everywhere. Americans can be justly proud of their role as the ultimate guarantor of freedom for the past half-century. As a nation we have shed our blood and spent our treasure in the noble cause of worldwide freedom and democracy.

But history is not over. Though hard-line communism as an ideology and motivating force appears to be dying out, the Soviet nuclear threat to this nation remains as real and as strong as it ever was. It is true that the threat of a conventional war in Europe has rapidly diminished over the past

months. But it is equally true that at the same time as Russian tanks and troops withdraw from Poland, Hungary, and Czechoslovakia Russian factories and shipyards are producing intercontinental and submarine-launched ballistic missiles, and the nuclear powered submarines to carry them, at a rate that is higher than it was before Mikhail Gorbachev came to power. It is also true that the spread of nuclear, chemical, and ballistic missile technology in the third world poses yet another major threat to world stability and U.S. security.

The debate as to how the U.S. should respond to the rapidly changing world situation is beginning to intensify. On one side are those who say that this is a moment of opportunity for peace and demilitarization which we cannot afford to miss. On the other side are those who contend that in the real world it is the capabilities, not just the expressed intentions of our adversaries, with which we must deal.

Before we as a nation can decide on a rational policy for dealing with the changes in Eastern Europe and the Soviet Union we should understand both the causes and effects of those changes on our nation.

The answer to the question of what caused Gorbachev to undertake the most radical change in Soviet foreign policy in the seventy-odd-year history of the Soviet Union can be found, interestingly enough, in the words of the patriarch of the Soviet state itself, Vladimir Ilyich Lenin. Lenin, in commenting on the causes of the 1917 communist revolution, said that revolutions occur when the bosses cannot go on with the old order and the masses will not. That observation, particularly the first half of it, is as true for Gorbachev as it was for the Czar. Unlike Czar Nicholas, who never did truly realize that the old order simply could not go on any longer, Mikhail Gorbachev

did indeed realize that the old order was withering away because of a growing inability on the part of the Soviet Union to both economically sustain itself and enforce militarily its will on other nations.

It is important to remember that just 10 years before Gorbachev came to power the U.S. elected a president, Jimmy Carter, who presided over the most disastrous four years of any president elected since the start of the cold war. Indeed the years 1976 to 1980 were years of unblemished success for the Soviet empire. Communist insurgencies, inspired and financed by Moscow,

nuclear forces. And more importantly, despite a massive propaganda campaign by the Soviets and European and American anti-nuclear radicals, we began to deploy short and medium range nuclear missiles in NATO countries as a counter to the massive build up of Soviet and Warsaw Pact forces. Both British Prime Minister Margaret Thatcher and German Chancellor Helmut Kohl deserve a great deal of credit along with President Reagan for their decision to go forward with the deployment of these weapons.

At the same time the U.S. began to arm and support anti-communist free-

nology. Technology which they did not have but which the U.S. did. Second, they understood that should the U.S. develop an effective missile defense system, their claim to superpower status, which was based primarily on their nuclear capacity, would be undermined forever.

Thus when Gorbachev assumed power in 1985 he did so in a world that at least militarily looked far less bright for the Soviets than it did just five years earlier. As the 1980s wore on, both the military and the economic position of the Soviet Union worsened.

Gorbachev saw that the economy of the Soviet Union was on the road to collapse. The only way that this collapse could be averted was by radically restructuring (perestroika) the entire economy. The only way that this restructuring could take place was by joining the worldwide marketplace. Gorbachev understood that before the Soviets would be allowed entry into the world economy the West would demand that the Soviets renounce the use of force in their efforts to maintain and further the spread of communism.

This Gorbachev did, and almost immediately the peoples of Eastern Europe began to test Gorbachev's word. In Poland a Solidarity government was elected. In Hungary border guards were ordered not to interfere with East German citizens crossing the Hungarian border into West Germany. Suddenly and seemingly from out of nowhere democratic reform groups sprang to life throughout the countries of the Eastern bloc.

At first many of the hard-line communist governments in these countries responded with threats and in some cases actual crackdowns. But it soon became clear that such crackdowns would be undertaken without the support, either political or military, of Mikhail Gorbachev. No Soviet troops would be sent to rescue the tottering communist governments of East Europe.

Effects Of The Changes — If the cold war was bad, the end of the cold war has to be good, right?

That question may not be as simple to answer as it at first appears. As Col. Don Lundy of the Army War College in Carlisle, Pennsylvania, put it, "With the rebirth of nationalism in the East, are we going back to 1912 and an endless round of territorial disputes?" And if so, "How much of a threat will that be to U.S. interests?" The 40 years of the cold war, it should



During his historic trip to the Berlin Wall, President Reagan called upon Soviet leader Gorbachev to "tear down your wall," which later happened (National Archives).

were popping up everywhere, from Angola to Nicaragua. Soviet military forces, both nuclear and conventional, were growing ever stronger, even as president Carter was cutting strategic nuclear systems like the B-1 bomber and virtually dismantling the U.S. intelligence establishment. These policies were coupled with the give back of the Panama Canal and the withdrawal of support for longtime U.S. allies such as Nicaragua and Iran, leading eventually to their fall.

Finally in 1979 came the Soviet invasion of Afghanistan. All in all, the decade of the 1970s closed with things looking very good from the Soviet viewpoint.

Then came the election of Ronald Reagan, and with it a complete turnaround in U.S. foreign policy and military strategy. We began to rebuild and modernize both our conventional and

dom fighters around the world. The most successful example of this policy was of course, Afghanistan. What the Soviets in 1979 thought would be a walkover, turned instead into a major military setback for the Soviet Union.

President Reagan also showed the Soviets with such actions as the invasion of Grenada and the attack on Kadhafi, that the U.S. would no longer rule out the use of force when it deemed such force necessary to protect its interests.

Finally, the Reagan administration conceived of and funded the Strategic Defense Initiative, SDI. There is perhaps no single U.S. policy of the 1980s which so upset the Soviets as much as the SDI. There are two reasons for this. First, the Soviets realized because of their own efforts to develop an SDI, that the key to such a system was ultra-sophisticated tech-

Changing Times

be remembered, not only kept the peace between the superpowers, but also served to suppress the historic rivalries and tensions between and within the nations of Europe, which have over the centuries been the cause of numerous wars. Indeed, within just a few months of the historic events of November-December 1989, the world has already seen ethnic Hungarians beaten and killed by Romanian mobs, and some German leaders refusing to guarantee the existing borders of Poland once Germany reunites.

As U.S. and Soviet forces draw down in Europe it is very possible that the relative stability the cold war imposed will be replaced by outbreaks of nationalist violence and increasing tensions between the nations of Europe themselves. Indeed the prospect for increasing nationalist strife in Europe has prompted Sen. Sam Nunn, D-Georgia and chairman of the Senate Armed Services Committee, to request a review by both superpowers of their nuclear weapons security and fail safe systems for those weapons maintained on European soil. The threat of a terrorist group gaining control of a nuclear warhead cannot be discounted by either superpower.

The potential for nationalist strife and instability in a newly restructured East Europe are not the only problems facing U.S. policy makers. As was noted earlier the Soviet Union is enlarging not reducing its nuclear stockpile. Further, despite the dire straits of the Soviet economy, Gorbachev is still supplying massive quantities of aid and arms to Soviet client states such as Cuba, Angola and Afghanistan.

Despite perestroika, glasnost, and the opening of East Europe there has yet been no fundamental shift of Soviet resources from the military to the civilian economy. In fact even the highly publicized withdrawal of Soviet forces from Eastern Europe is a two-edged sword. Says James Blackwell, a defense analyst at the Center for Strategic and International Studies, "So far, the threat has not reduced one bit... We haven't seen Gorby destroy a single tank yet. If you move them east of the Urals, you haven't demobilized. You've created a strategic reserve."

Strangely enough the head of the KGB may have given the clearest indication yet of the long range goals of

Gorbachev's policy of perestroika. Speaking in November 1989 on the anniversary of the Russian revolution, General Vladimir Kryuchkuv, the director of the KGB said, "In military affairs, perestroika and modernization of Soviet technology under the new economic thinking and more open East-West trade, will help increase the military might of our country... and Soviet disarmament proposals act as solvents to disarm the military industrial complex of NATO." In other words, the freeing of East Europe and the policies of perestroika and glasnost may in the long run be intended to "Finlandize" Western Europe through the dismantling of the NATO alliance. Such an occurrence, according to Paolo Liebl, senior research fellow at the Atlantic Council, would lead to a situation where the "Soviet Union... will remain the predominant military power on the European land mass. We might see a situation where the Soviet Union essentially accomplishes the objectives of Stalin, although at a much reduced level of armament."

Ominous Changes — Unrelated to the events in Eastern Europe or the Soviet Union, there are other, more ominous changes occurring throughout the third world which will have a direct bearing on U.S. policies in the coming decade. The spread of ballistic missile technology, coupled with nuclear, chemical and biological weapons proliferation in the third world, is now believed by many in the U.S. government to represent the single greatest threat to world peace and U.S. security.

There are currently 16 nations which possess chemical weaponry. In the next 10 years that number could double or triple. During that same time period, U.S. defense analysts expect that the number of nations with nuclear weapons will grow to between 12 and 15, among them such countries as Iraq, Iran, Taiwan, Pakistan and North Korea. With long-range ballistic missiles becoming increasingly available to responsible and irresponsible governments alike, the threat of an attack directly upon the U.S. by a crazed or fanatic third world leader cannot be discounted. The cold war remained cold for 40 years because both sides were essentially rational. Deterrence cannot be expected to work when one side is led by an irrational leader such as

a Kaddafi, or a religious fanatic such as Khomeini.

"The occasion is piled high with difficulty, and we must rise to the occasion. As our case is new, so we must think and act anew."

Those words were spoken by Abraham Lincoln in an address to Congress during the height of the Civil War. They could just as easily have been written about the turbulent times of today.

How should the U.S. react to the changes taking place around the world? What alterations, if any, do we need to make in our foreign policy and military posture to accommodate these changes and at the same time advance our national interests and maintain national security?

For starters the U.S. must keep in mind that the destiny of Mikhail Gorbachev will be written in Moscow and not in Washington. We must not fall into the trap of basing our foreign policy on the fate of one individual. Making concessions of any type, whether in arms control negotiations, economic aid, or in diplomatic silence regarding moral issues such as Lithuanian independence, in the hope that by these concessions we can strengthen Gorbachev's chances for political survival, is a mistake.

Second. Economic assistance to the Soviet Union, whether in the form of direct aid or admission into the worldwide economic community must be conditioned on the Soviets ceasing their military aid to regimes such as Cuba, North Korea and Afghanistan. Right now the Soviets provide such assistance to the tune of between \$15 and \$18 billion a year. The Soviets cannot be allowed to have it both ways. If they wish the help of the West in rebuilding their economy they must stop subsidizing regimes which are enemies of the West.

Arms control. There is here a good possibility for cooperation between the two superpowers. Both sides can afford to cut strategic systems by 50 percent. The specifics of such cuts will have to be negotiated carefully since there does not exist a 1:1 ratio between the strategic systems of both sides.

NATO. If the Soviets continue to withdraw troops and tanks back into the Soviet Union itself the U.S. will be able to substantially cut the forces it commits to NATO. There is no rea-

son why the NATO allies cannot assume a greater burden in providing for their own defense. However, it is likely that as the Soviet threat recedes, neutralist sentiment in Europe and isolationist sentiment in the U.S. will grow. There will be calls on both sides of the Atlantic for the complete withdrawal of U.S. forces from Europe and the dismantling of NATO. Such efforts must be resisted. With the Warsaw Pact collapsing, NATO will be the only force capable of maintaining military stability in Europe.

U.S. military posture. Deterrence is not dead. Whether or not strategic nuclear stockpiles are reduced through arms control agreements, the U.S. must maintain an arsenal sufficient to deter an attack. In deciding how much is enough in terms of military expenditures and hardware the U.S. must consider the capabilities, not just the publicly expressed intentions of poten-

tial adversaries.

The U.S. is an island nation. We are dependent upon the sea lanes for our trade and our energy. While we may reduce reliance on foreign oil in the long-term, for the foreseeable future at least, the import of oil is a necessity to maintain a navy capable of keeping them open—even if this means reducing the so-called “peace-dividend.”

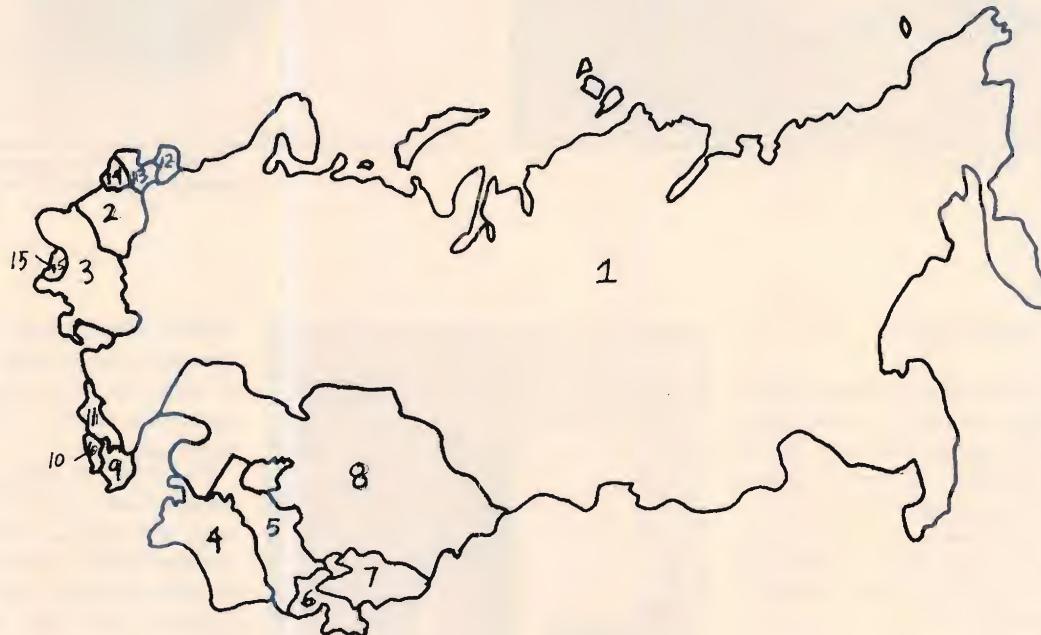
SDI. As nuclear, chemical and ballistic missile technology continues to spread among third world nations the importance of a ballistic missile defense for the U.S. continues to grow. Colonel Kaddafi recently stated that if he had had a nuclear tipped ICBM at the time of the U.S. strike against Libya, he would have launched it against New York. It is a certainty that either he or some other lunatic leader will soon have such a capability. We must develop an ability to neutralize this growing threat.

Last but not least, ideals. The underlying reason communism is collapsing is that throughout the long decades of the cold war, the U.S. and the Western commitment to the ideals of freedom and liberty remained firm. This commitment must continue.

We must not allow ourselves to be intimidated into silence. We should congratulate Gorbachev for lifting the iron fist from Eastern Europe, but at the same time take him to task for his actions in Lithuania. The same holds true for China.

According to Freedom House, a non-partisan organization “dedicated to the strengthening of free societies,” the 1980s “recorded some 30 transitions from military or one-party domination to formal civilian, elected rule.” As a result, “a higher percentage and a higher number of people live in freedom . . . than at any time previously recorded.” ●

THE REPUBLICS OF THE SOVIET UNION



The Republics and the Year they entered the Soviet Union

1	Russia S.F.S.P.	1922	6	Tadzhikistan	1929	11	Georgia	1936
2	Belorussia	1922	7	Kirghizia	1936	12	Estonia	1940
3	Ukraine	1922	8	Kazakhstan	1936	13	Latvia	1940
4	Turkmenistan	1925	9	Azerbaijan	1936	14	Lithuania	1940
5	Uzbekistan	1925	10	Armenia	1936	15	Moldavia	1940

Between the 1918 Communist revolution and the outbreak of WWII some 15 independent republics were added to the Soviet Union. Many of these republics now express a desire to leave the Soviet Union.

Survival Incorporated:

Grain Mills

A selection of electric and hand cranked grain mills...



The Mighty Mini Mill is designed for small volume grinding.



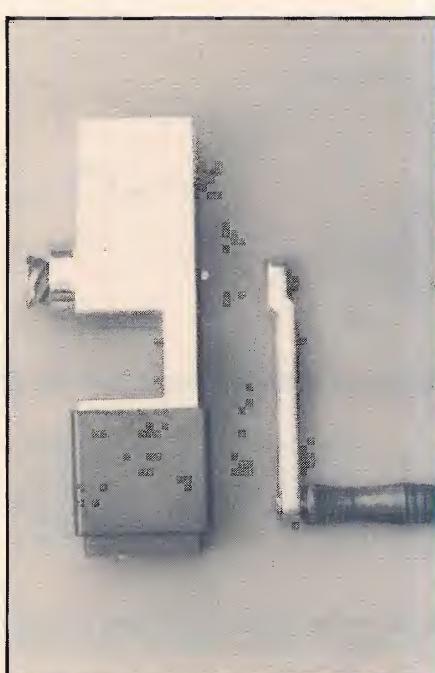
The Kitchen Mill is a high speed electric mill that operates at over 25,000 rpm.

Staff Report

Survival Inc. has always specialized in storage foods for survivalists and outdoors people. Because grain makes up a large portion of stored foodstuffs, a grain grinder or "mill" is an important tool to include in your food storage program. The following are selected grain mills that are currently available at SI.

The Mighty Mini Mill is tiny, but will grind enough wheat in a few minutes to make a tasty loaf of bread. Use it every day to grind fresh cereal, coffee and more. A powerful 150 watt motor operates on 110 volts house current. Price: \$29.95 + \$2 S & H.

The Kitchen Mill is another electric mill, but this one has a 1 1/4 peak horsepower motor and a 10 year warranty. The patented micronetic milling is done with surgical stainless steel at over 25,000 RPM. This creates uniform flour particles in settings from



The Back to Basics Mill has unique cone shaped grinding burrs.

coarse to fine. Used by small bakeries, this mill can handle up to 90 pounds of grain an hour without clogging or gumming. Price is \$249.50 plus \$5 shipping.

The Back to Basics grain mill is a hand crank mill that mounts to the edge of a table or kitchen counter. The unique feature of this mill is the cone shaped grinding burrs. They are self aligning and made of stainless steel. You can grind 1/2 cup of flour per minute and twice that amount on the coarse setting. The metal burrs will grind corn, rice, oats, barley, soy beans, seeds, nuts, herbs, spices and more. \$59.95 plus \$3.50 shipping.

The last two hand crank mills featured here are stone mills with bases made of rugged cast aluminum. The Standard Quality Mill sells for \$79.95 plus \$6.50 shipping. It's easy to adjust from fine flour to neatly cracked wheat. Parts are easily disassembled

(Continued on page 63)

Professional Locksmithing Tools

LOCKAID

Specifically designed to pick tumbler locks. Designed over thirty years ago to aid law enforcement agencies. Consists of tension wrench, three needles and Lockaid "Gun." Prices include a copy of the book "Lock Picking Simplified."

Lockaid \$69.95



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How to Pick Pins & Wafers	\$9.95
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Keys by Impressioning	\$7.00
Key Casting Manual	\$8.95

NEW ITEMS



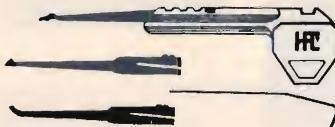
ESP-13

This handy new pick set is the most popular set among professional locksmiths today. This kit consists of 12 different tools housed in a handsome black leather case designed for a shirt pocket. Included in the price, you receive a 5 piece warded key set and a copy of "Lockpicking Simplified." 17 piece set total.

ESP-13 \$45.95



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This unique design is ideal when low profile is required or to keep on your keyring for emergencies. Contains a tension wrench, three picks and the "Key Pick."

Key Ring Pick Set \$27.95



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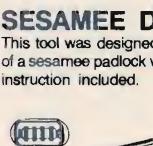
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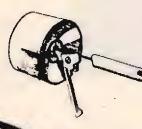


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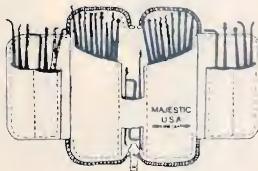
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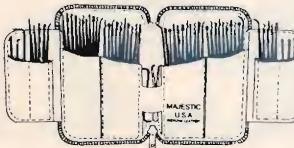
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Staff Report



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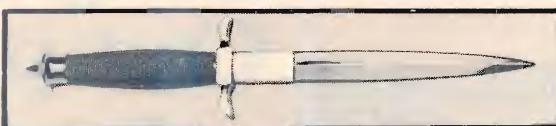
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O.D. green nylon web with a Velcro retaining strap. The sheath is plenty wide for military belts, or it may be fastened to a leg, pack or virtually anywhere you need it. Retail price of the EK Warrior is \$69. For more information contact: EK Commando Knife Company, 601 North Lombardy Street, Dept. ASG, Richmond, VA 23220; (800) 468-5575. •

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Actual size of knife
7½" (blade 3½")

SATISFACTION GUARANTEED

If at any time within 1 full year after the edition is closed, you feel that this commemorative knife is not worth more than you paid, we will buy it back from you for the full purchase price including the postage to return it to us. (The donation made to the Vietnam Veterans Memorial Fund will be deducted and you will receive notification to that effect.)

Vietnam Remembered, Dept. VRK- 48
35246 US 19 N., Suite 173, Palm Harbor, FL 34684

- Please send one Vietnam Remembered Commemorative Knife only \$10 plus \$2.95 shipping and handling.
- Two Knives only \$19 plus \$3.95 shipping and handling.
- Limit 5 knives only \$45 plus \$4.95 shipping and handling.

Enclosed is \$_____. FL and MI res. add sales tax.
Make check payable to Classic Selections.

Charge my: VISA Diners Club MC AMEX

Exp. Date ____ / ____

Card # _____

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

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COLD STEEL

REINFORCED
CLIP POINT BLADE

SHOWN 1/2
ACTUAL SIZE

PARKERIZED
BLADE FINISH

FACTORY HONED
RAZOR SHARP

CARBON 5
BLADE

S.R.K. SHOWN
IN SHEATH

INTEGRAL
GUARD

CHECKERED
HANDLE
PROVIDES A
NON-SLIP
GRIP, EVEN
WHEN WET

COMFORTABLE
KRATON HANDLE

LANYARD HOLE

FULL TANG,
FULL STRENGTH

S.R.K. SPECS.
Blade length: 6"
Length overall: 10 3/4"
Blade thickness: 3/16"
Weight, knife: 8.4 oz
Weight, sheath: 2.3 oz

Retail \$50.00
#CSSRK
Your Discount Price \$39.95

- BLACK CORDURA BELT SHEATH INCLUDED
- PROUDLY MADE IN THE USA, THE S.R.K. IS A FANTASTIC KNIFE, AT AN INCREDIBLE PRICE!

WE STOCK THE FULL COLD STEEL LINE.
CALL FOR YOUR DISCOUNT PRICE



TOLL FREE ORDER LINE:
1-800-231-1272

FOR INFORMATION CALL: 1-208-376-0430

We're open for your ordering convenience

Mon-Fri 8-6, Sat 9-5 Mountain Time

**Cutlery
Shoppe**

Send mail orders to: CUTLERY SHOPPE DEPT AG
5461 KENDALL STREET, BOISE, IDAHO 83706-1248

SHIPPING & HANDLING (per order): \$5 to 48 states,
\$7 PO Box, APO & FPO - \$10 for COD (48 states only)

\$10 for AK, HI, PR, USVI & CANADA. Foreign orders
(excluding Canada), please write for shipping costs.

PAYMENT: We accept VISA, MASTERCARD, COD (cash only).
MONEY ORDERS & CHECKS (checks allow 21 days to clear)
FAX Machine Orders: 1-208-376-7600

Get our full color catalog for great deals on the top knife brands. Send
\$1 or call 1-208-376-0430 to get your copy. PLEASE, do not call the
"800" number as we reserve these lines for customers placing orders
(catalog free with knife purchase).

Staff Report

The Surefire emergency campfire starter is a two part chemical system that creates a white hot flame after being mixed together. The exothermic chemical reaction takes place approximately 60 seconds after 10 drops of the liquid chemical catalyst is added to the oxidizer crystals. After the initial white hot flame, the residue, like a tiny charcoal briquette, continues to produce heat capable of starting tinder.

Surefire is now packaged in polyethylene one ounce bottles. The liquid component has a dropper cap for the precise measurement of ten drops of catalyst. The contents of the Surefire fire starter can be used to ignite up to 30 emergency campfires. If you happen to run out of the liquid catalyst, honey or maple syrup can be substituted.

With Surefire you'll no longer have to worry about bringing waterproof matches, or having the wind cause havoc when trying to start a fire with matches or magnesium stick in stormy weather. To order, send \$8.95 plus \$.75 shipping. Contact: TRG Manufacturing Inc., 20620 Burl Court, Dept. ASG, Joliet, IL 60433; (815) 727-2400. ●

A two part chemical system for guaranteed fire starting...



TRG Manufacturing:

Emergency Campfire Starter



SIZZLING SIERRA SUPPLY SPECIALS!!

SUPER SAVINGS DEALS

M-16 30 ROUND MAGAZINES

new in wrap, current contract.

GET THEM WHILE STILL AVAILABLE!

1 - \$8.00
2 - \$14.00 • 5 - \$30.00
WHILE SUPPLY LASTS

M-1 Garand 8 round loaders/clips, mint condition	1/1.00, 10/8.00, 20/15.00
M-1 Carbine 15 round magazines	2.50 5/10.00
MINI 14 15 round magazines,	15.95 30 round steel, guaranteed.

MANUALS

G.I. new condition.

Map Reading and Land Navigation	\$9.00
FM 21-26 latest text on compass and map use.	10.00
Survival	10.00
FM 21-26 1986, packed with information on survival in all aspects.	
Guerrilla Warfare and Special Forces Operations	6.00
FM 31-21, 1961, an early classic from Viet Nam, the concept works minus the politicians.	
Special Forces Combat Recon Manual	5.00
FTX301 1967, another classic from Viet Nam, small unit operations.	
Infantry Fighting Positions	2.50
A pocket sized manual on battlefield protection.	

\$10 minimum order. Personal/Company checks held 14 bank working days. VISA & MasterCard accepted. 100% guarantee, return within 10 days in the same condition as it was sent. Prompt service & good merchandise. Canada, Alaska & Hawaii orders add 25% of order for shipping. See shipping chart for correct amount to add to order.

Pocket Medic	2.50
TC 21-11 1977, pocket sized manual on the First Aid Basics.	

M-16A2 Tech Manual	10.00
TM TM 05538C-23P this manual covers all the repair functions that can be done on the M-16/AR15 family of weapons, all repair functions shown via industrial drawings. A MUST.	

Special Forces Hand to Hand Fighting	6.50
ST 31-204 a well illustrated guide to Karate & tae kwon do, a great primer on protecting yourself.	
CLEAN UP SPECIALS	

CLEAN UP SPECIALS

Small arms cleaning equipment, G.I. issue.

.30 Cal. Bore Brush, brass	1.00
.223/.22 Bore Brush, brass	1.00
.45 ACP Bore Brush, brass	1.00
M-16 Chamber Brush, brass & steel	1.50
M-1 Garand Chamber Brush, ratchet type	2.00
M-14 Chamber Brush, ratchet type	2.00
2/3 ounce Break Free	1.50

RIFLE RAGGS - 100% cotton flannel, camouflage	
Scoped Weapons	3.00 2/5.50
Regular Weapons	2.75, 2/5.00, 7/14.00

Great for long term storage/protection

FIELD GEAR

G.I. issue, new.

LC-2 Combat Suspenders	12.50
OD nylon for heavy pistol belt loads.	
LC-2 Compass/Battle Dressing Carrier	2.85
OD nylon.	
Poncho Liner	reg. 25.00 22.50
100% waterproof, nylon synthetic, camouflaged blanket.	
Lightweight & warm.	

\$ 10.00 - 25.00	add \$3.50
25.00 - 40.00	add 4.75
40.00 - 70.00	add 5.00
70.00 - 150.00	add 6.50
150.00	add 8.00

Continental US ONLY

Duffle Bag	not 22.00 20.00
Back pack, 100% cordura nylon, with the option of a suitcase type handle or can be used as a back pack, very stout.	

Magnesium Fire Starter	not 3/15.00 but 1/5.00, 2/9.50
Aviation, USAF issue, will start fires under almost all conditions.	

MRE MEALS

Current contract meals, all entrees.

Per 10 meals

Your choice of entrees

\$33.00 plus 8.00 shipping

Per 10 meals

My choice of entrees*

\$25.00 plus 8.00 shipping

*at least 3 different entrees

WAREHOUSE CLEAN UP SPECIALS

Act now, at these prices, merchandise will go!!!

.45 ACP Leather Holsters	10.00
Used, belt type, very good.	
.45 ACP Leather Holster	16.00
New, pistol belt type.	
M-16 Bore Caps	not 4/1.00 but 5/1.00, 12/2.00
Your choice red or black.	
M-16 4 piece steel rod set	4.75, 2/9.00, 3/12.00
Parkerized, complete.	
M-16 clean rod handle replacement section, new	not 1.50 1.00

This is a VERY partial listing of our merchandise.

Send \$1 for our full catalog to:

SIERRA SUPPLY
P.O.BOX 1390 DEPT. ASG
DURANGO, CO 81302
303-259-1822



Staff of Life™

To Our Concerned Neighbors;

Thank you for your interest in the STAFF OF LIFE PREPAREDNESS CLUB. You have made a most important step towards getting prepared. NOW, we can help you the rest of the way. As a Club member you will have access to:

1. A superior selection of nutritionally balanced, shelf-stable foods, properly packaged.
2. The exclusive FAMILY FOOD PACK---A complete one-day menu for a family of five, with a variety of menus available.
3. The Annual Food Program, (a complete nutritionally balanced years supply for 1 person).
4. You automatically become a MEMBER/PARTNER in the Partners in Preparedness Program.
5. Literature, price lists and products from cooperating companies.
6. The lowest possible prices, resulting from the buying power of a large number of members.
7. A most complete, portable, 72 hour emergency Go-box

For a one-time fee of only \$89.00 you become a LIFETIME member of the Staff of Life Preparedness Club. Enclosed is a membership form for you to complete. Make a copy for your records and return the original to us with your check payable to STAFF.

Daily events cause us to focus on the necessity of being prepared. It is EXTREMELY important that everyone has an effective food program. Whether it is by using the exclusive FAMILY FOOD PACK, or the standard ANNUAL FOOD PROGRAM. It is prudent to have on hand at least a two week supply of PROTECTED food and water. We will even show you how to accomplish this without spending any additional money.

The Staff of Life Preparedness Club is totally committed to helping you get prepared at the best possible prices.

IT IS BETTER TO BE 10 YEARS EARLY THAN 10 MINUTES LATE.

AN IMPORTANT MESSAGE FOR ALL FAMILIES.

All of us should have learned from recent disasters the need to have in our homes at least a two week supply of protected food and water. It is exciting to introduce to you a new dimension in food storage, THE FAMILY FOOD PACK, that is compact, convenient, energy-efficient, and properly packaged.

THE FAMILY FOOD PACK. These meals are made up of DELICIOUS, pre-mixed, nutritionally balanced, shelf-stable foods that are designed for a day-at-a-time approach. These are packaged in 8 # 2 1/2 cans, providing enough food for a family of 5 for 1 day.

CONVENIENT. Easy to pre-

pare, JUST ADD WATER & COOK. These meals are made up of pre-mixed breakfasts, lunches and dinners; including drinks and deserts. Some of the foods may require a little pre-soaking but after this is done most meals can be ready to eat in less than 30 minutes.

ENERGY EFFICIENT. All the ingredients used in this program have been selected for time saving preparation. There is no peeling, coring or spoiled spoils to remove. These foods are 100% edible. You can achieve maximum energy savings by pre-soaking, whether you are using gas, electricity, a fireplace or a dutch oven. (1 lb of dried carrots is equal to 12 lbs of fresh unprepared carrots)

PRODUCT PROTECTION.

The most important factors in food storage are: (1) selecting the most stable foods, (2) Proper storage conditions, (3) the right packaging. We use a thin walled, enameled, non-breakable steel can, thus providing the most feasible, cost-effective package. This eliminates the problems of moisture, ultra-violet rays, rodent, and insect damage. It is also an effective odor barrier. The Family Food Pack is nitrogen packed for maximum shelf-life.

COMPACT. This portable, easily stored, one day Family Food Pack comes in a carton 16" x 8" x 5" weighing approximately 12 pounds.

Staff of Life Preparedness Club
P.O. Box 396, Midvale, UT 84047

Toll Free 1-800-327-9261
Fax: (801) 561-1172



Staff of LifeTM

PARTNERS IN PREPAREDNESS. (PIP)

When people with a GENUINE CONCERN for the well being of each other join together in a common cause, great things happen. They will continue to happen as we help each other. This PIP program is designed with one thought in mind, help each other get PREPARED--at the best possible price.

GOOD NEWS! It's HAPPENING. As of March 15th the prices on food storage items were reduced 10% or more. May 1, 1990 the LIFETIME membership fee was reduced from \$100.00 to \$89.00. We are now introducing the NEW & EXCITING (PIP) program. *You can't expect something for nothing but this is just about as close as you're going to get.*

We have decided to eliminate as many expenses as possible, such as advertising, commissions, etc. and pass the savings along to each club member through the PIP program.

WITH MEMBERSHIP IN PRACTICALLY EVERY STATE AND PROVINCE IN NORTH AMERICA, WE ARE NOW ABLE TO PUT INTO EFFECT THIS PIP PROGRAM, OF WHICH THERE ARE THREE PARTNERS.

(1) MERCHANT PARTNERS. These are the manufacturers or distributors who become PARTNERS by allowing club members to buy directly from them at wholesale prices.

(2) MEMBER/PARTNER. As a member of the Staff Of Life Preparedness Club you automatically become a PARTNER.

(3) The STAFF OF LIFE PREPAREDNESS CLUB is the EXECUTIVE PARTNER that makes it all happen.

MERCHANT PARTNER: THE MANUFACTURER, DISTRIBUTOR, ETC.

There are several MERCHANTS that are now PARTNERS. The products include, among others, flashlights, water filters, water storage containers, home grain mills--both hand and electric, home canning appliances, mixers etc., properly packaged foods for long or short term storage, complete years supply and EXCLUSIVE one day FAMILY FOOD PACK, featuring various menus for 5 people. When you become a member/partner PIP Sends your name and ID # to each MERCHANT/PARTNER, they will send you their literature and member price list.

MEMBER/PARTNER: YOU.

Surveys, questionnaires, and experiences of thousands have shown that few people have sufficient food on hand to last, even for a couple of days, without going to the store. On the top of the, WISH I HAD LIST, mentioned by survivors of recent disasters was a TWO week supply of PROTECTED food and water.

NOW, you can easily build that TWO week PROTECTED, SHELF-STABLE food supply without spending another DIME. When you receive your Membership Card you will also receive extra literature and membership forms. ALL YOU NEED TO DO IS GIVE THE LITERATURE TO YOUR FRIENDS. Make as many more copies as you wish. Don't worry about having to "SELL" anything or even answer questions, unless you want to. *WE DO THAT FOR YOU.* This toll free

number is provided for that purpose. 1 (800) 327-9261

(1) Be sure to put your name and member ID # in the lower left corner of the "blank" Partner/Membership Agreement form before you make copies or hand them out. THIS IS NECESSARY FOR YOU TO RECEIVE CREDIT.

(2) For each Partner/Membership Agreement that comes in with your name and ID # on it, along with the membership fee, you will receive "ONE" FAMILY FOOD PACK absolutely FREE. Outside of the 48 states it is also FREE, "EXCEPT" it will be sent freight collect.

EXECUTIVE PARTNER: STAFF OF LIFE PREPAREDNESS CLUB.

We are the CATALYST that makes it all happen. We select those PARTNERS (companies) whose products meet our standards and are preparedness oriented. The capability to develop an optimum preparedness program comes from: 30 years in the food storage business, 40 years in marketing, education in the food sciences and working with consultants in these fields. And, by using foods that have been in storage for 20 years has provided additional valuable information.

Therefore, our "NUMBER ONE" priority in the PIP PROGRAM is to make it possible for you to get that TWO week supply of PROTECTED food and water.

**THE MORE PARTNERS
THE MORE COST
EFFECTIVE IT BECOMES.**

Staff of Life Preparedness Club
P.O. Box 396, Midvale, UT 84047

Toll Free 1-800-327-9261
Fax: (801) 561-1172



Staff of Life™

PRICE LIST

EFFECTIVE JUNE 11, 1990

For Staff of Life Preparedness Club Members Only.

ITEM #	PRODUCT DESCRIPTION	NET WT. CASE	PRICE CASE	PRICE CAN	ITEM #	PRODUCT DESCRIPTION	NET WT. CASE	PRICE CASE	PRICE CAN					
GRAINS - BEANS - CEREAL														
1030	MULTI-GRAIN CEREAL30 lbs	16.80	2.80	1480	GELATIN DESSERT (4 flavors)30 lbs	36.90	6.15					
1040	PINTO BEANS33 lbs	34.80	5.80	1490	MARGARINE POWDER18 lbs	41.10	6.85					
1050	SMALL WHITE BEANS35 lbs	27.60	4.60	1500	SHORTENING POWDER18 lbs	37.20	6.20					
1060	SMALL RED BEANS33 lbs	26.70	4.45	1510	SUGAR (white granulated)36 lbs	23.40	3.90					
1070	EGG NOODLES.84 lbs	15.30	2.55	1514	SUGAR, powdered21 lbs	17.40	2.90					
1080	FARINA30 lbs	15.60	2.60	1520	SALT (iodized)45 lbs	14.10	2.35					
1090	FLOUR (white, enrich, blchd)	.24 lbs	12.90	2.15	1570	MILLERS HONEY30 lbs	31.25						
1100	GRANOLA18 lbs	40.80	6.80	1600	PUDDING, chocolate33 lbs	82.50	13.75					
1110	WHOLE YELLOW CORN (For grinding)	.30 lbs	14.70	2.45	1601	PUDDING, vanilla33 lbs	75.00	12.50					
1120	CORNMEAL30 lbs	15.60	2.60	5250	BAKING POWDER 2-1/275 lbs	11.70	1.95					
1140	SPAGHETTI ENDS12 lbs	12.60	2.10	5410	SOUP BASE (Bouillon) Beef 2-1/29 lbs	21.60	3.60					
1150	MACARONI (elbow shell)21 lbs	18.60	3.10	5411	SOUP BASE (Bouillon) Chic. 2-1/29 lbs	21.60	3.60					
1160	ROLLED OATS (regular)15 lbs	16.80	2.80	5370	COCOA MIX 2-1/2.56 lbs	15.90	2.65					
1170	ROLLED OATS (Quick)15 lbs	16.20	2.70	5040	COCONUT FLAKES 2-1/2.3 lbs	10.80	1.80					
1175	OAT BRAN15 lbs	20.10	3.35	5260	CORN STARCH 2-1/2.6 lbs	7.20	1.20					
1180	GREEN SPLIT PEAS33 lbs	18.60	3.10	5270	CREAMER, non-dairy 2-1/249 lbs	15.60	2.60					
1200	POPCORN (improv variety)33 lbs	19.80	3.30	5390	ORANGE DRINK CONC. 2-1/29 lbs	24.90	4.15					
1210	WHITE RICE (long grain)34 lbs	20.70	3.45	5380	LEMONADE CONC. 2-1/2.9 lbs	35.40	5.90					
VEGETABLES														
1230	GREEN BEANS9 lbs	91.20	15.20	5420	GRAPE DRINK CONC. 2-1/29 lbs	22.50	3.75					
1620	CABBAGE, diced75 lbs	47.40	7.90	5430	FRUIT PUNCH CONC. 2-1/29 lbs	31.50	5.25					
1240	CARROT SLICES9 lbs	41.10	6.85	5400	MARGARINE POWDER 2-1/253 lbs	14.40	2.40					
1630	CELERY, cross cut6 lbs	47.70	7.95	5290	SALT, iodized 2-1/212 lbs	6.30	1.05					
1250	CORN (sweet)15 lbs	90.90	15.15	5300	SALT, seasoning 2-1/212 lbs	37.80	6.30					
1260	ONION (chopped)13.5 lbs	44.70	7.45	5350	SHORTENING POWDER 2-1/256 lbs	13.80	2.30					
1270	GREEN GARDEN PEAS16.5 lbs	88.50	14.75	5310	SODA, baking 2-1/212 lbs	10.20	1.70					
1280	POTATO DICES13.5 lbs	27.30	4.55	WHEAT									
1290	POTATO FLAKES9 lbs	12.90	2.15	6020	HARD RED WHEAT poly bag50 lbs	6.95						
1300	POTATO GRANULES30 lbs	34.50	5.75	1220	HARD RED WHEAT 6-#10 CANS34 lbs	10.80	1.80					
1310	POTATO SLICES7.5 lbs	17.70	2.95	MISCELLANEOUS									
1610	POTATO SHREDS10.5 lbs	22.50	3.75	7130	SNAAPP-E-GOBOX (72 hour kit for 4)		99.95						
1320	SOUP MIX (Alphabet)30 lbs	35.70	5.95	7140	EMERGENCY RADIO, FLASHLIGHT		36.95						
1330	STEW BLEND12 lbs	60.60	10.10	7240	WATER STORAGE KIT (25 gallons)		19.95						
5010	BELL PEPPERS, green 2-1/21.5 lbs	13.50	2.25	BOOKS									
5280	ONIONS, minced 2-1/26 lbs	18.00	3.00	7150	JUST ADD WATER (Cookbook)		4.50						
5320	TOMATO POWDER 2-1/26.7 lbs	66.90	11.15	7160	BEE PREPARED WITH HONEY (Cookbook)		5.95						
FRUITS														
7170	SKILLS FOR SURVIVAL				7170	SKILLS FOR SURVIVAL		12.95						
1340	APPLE SAUCE18 lbs	86.40	14.40	ANNUAL FOOD PROGRAM									
1350	APPLE SLICES9 lbs	50.70	8.45	1001	GROUP 1 ADJUNCTS		36.65						
1360	BANANA CHIPS13.5 lbs	28.50	4.75	1008	GROUP 2 BEVERAGES		48.70						
1370	FRUIT GALAXY (cocktail)16.5 lbs	114.90	19.15	1002	GROUP 3 DAIRY & FATS		235.00						
1380	FRUIT MIX15 lbs	95.40	15.90	1003	GROUP 4 FRUITS		86.25						
1384	RAISINS18 lbs	90.60	15.10	1004	GROUP 5 GRAINS		88.55						
1590	PRUNES18 lbs	88.50	14.75	1005	GROUP 6 PROTEIN		214.05						
DAIRY														
1006	GROUP 7 DESSERT & SWEETENER				1006	GROUP 7 DESSERT & SWEETENER		91.35						
1390	CHEDDAR CHEESE SAUCE19.5 lbs	34.80	5.80	1007	GROUP 8 VEGETABLES		143.40						
1410	REGULAR NONFAT DRY MILK24 lbs	50.40	8.40	1000	COMPLETE UNIT PRICE		925.00						
1415	INSTANT NONFAT DRY MILK15 lbs	43.50	7.25	#10 can - 6 3/16" dia. by 7" tall, 6 cans per case									
5330	BUTTER POWDER 2-1/25.6 lbs	23.40	3.90	#2-1/2 can - 4" dia. by 4 5/8" tall, 6 cans per case									
5340	CHEDDAR CHEESE SAUCE 2-1/26 lbs	12.90	2.15	CASE SALES ONLY: MIX OR MATCH ANY SAME SIZE CANS TO FILL A CASE.									
PROTEIN														
1420	EGG MIX18 lbs	83.40	13.90										
1430	WHOLE EGGS18 lbs	78.30	13.05										
1440	TVP: BACON (bits)18 lbs	32.40	5.40										

ALL PRICES ARE SUBJECT TO MARKET FLUCTUATIONS. ALLOW 2 - 4 WEEKS TO COMPLETE ORDER.

SHIPPING: ALL ITEMS WILL BE SHIPPED FREIGHT COLLECT UNLESS OTHERWISE REQUESTED.

Staff of Life Low Moisture Foods
2300 'E' Ave., Ogden, UT 84401

Order Toll Free 1-800-657-5303
FAX ORDER: (801) 392-2793



Staff of Life

TM

STAFF OF LIFE PREPAREDNESS CLUB PARTNER / MEMBERSHIP AGREEMENT

Name _____ Date _____

Address _____ Phone () _____

City _____ State _____ Zip _____

The undersigned, (Hereinafter referred to as PARTNER/MEMBER) applies for membership in the STAFF OF LIFE PREPAREDNESS CLUB and "PARTNERS IN PREPAREDNESS" (Hereinafter referred to as STAFF) upon the following terms and conditions.

- (1) The partner/member will pay STAFF the sum of \$89.00 as payment in full for a LIFETIME partner/membership.
- (2) The partner/member may at any time purchase products that are made available through the "MERCHANT PARTNERS".
- (3) The acceptance of this membership by STAFF constitutes an agreement which shall remain in force for the LIFETIME of partner/member or the LIFETIME OF STAFF unless cancelled in accordance with this agreement.
- (4) This Membership is not transferable and is not to be used to order products for anyone outside of the partner/member's immediate household. So doing violates this agreement and PARTNER/MEMBERSHIP may be cancelled.
- (5) There will be no refund of any portion of the membership fee, after the first purchase or (10) days, whichever occurs first.
- (6) The original of this document MUST be received in our office before the membership card is issued.

I/we have read this document and agree to abide by its terms.

Referred By _____

Partner/Member Signature _____

Partner/Member ID Number _____

Phone _____

Spouse Signature _____

ORDER FORM

Name _____ Date _____

Address _____ Phone () _____

City _____ State _____ Zip _____

ITEM #	PRODUCT DESCRIPTION	QUANTITY	UNIT PRICE	TOTAL PRICE

VISA MASTERCARD

SUBTOTAL _____

ACCOUNT# _____

Utah Residents add 6.25% SALES TAX

EXPIRATION DATE _____

TOTAL _____

SIGNATURE _____

SHIPPING: ALL ITEMS WILL BE SHIPPED FREIGHT COLLECT, UNLESS OTHERWISE REQUESTED. ALLOW 2-4 WEEKS TO COMPLETE ORDER.

Staff of Life Low Moisture Foods
2300 "E" Ave., Ogden, UT 84401

Order Toll Free 1-800-657-5303
FAX ORDER: (801) 392-2793



BOOKS/VIDEOS

(Continued from page 1)

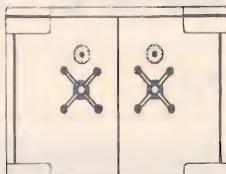


as useful as its owner is knowledgeable. In a scenario that could happen anywhere on any day, a young mother (actress Lee Purcell) alone in the house hears noises outside that alarm her. Her husband bought a gun for their protection, but Purcell does not know how to use it. Though the noises outside turn out to be harmless, Purcell suddenly realizes the importance of knowing how to use the gun in her house. When her friend, actor Geoffrey Lewis, suggests a course on firearms, Purcell immediately agrees.

Hosted by Gerald McRaney, who portrayed a private detective on the TV series Simon and Simon, the video shows Purcell taking lessons from champion shooters Mickey Fowler and Mike Dalton. Fowler begins with the very basics of firearms ownership, from types of guns to the ammunition they use. He later explains, simply but thoroughly, how a gun actually works. Cutaway diagrams and graphics are excellent features here. As she progresses, Purcell practices the actual mechanics of firing her gun. The emphasis throughout the video is on safety, from handling a gun correctly to using the appropriate safety equipment while shooting. Roughly an hour in length, *A Woman's Guide to Firearms* is designed to be repeated by the viewer; periodically, McRaney encourages the viewer to rewind the tape to review certain sections. While not a substitute for a hands-on firearms course, as the video repeatedly stresses, it is an entertaining introduction that encourages novices — men or women — to learn more on the subject. ●

BURGLARY

PROFESSIONAL HIGH - TECH BURGLARY



and everything you need to know about it...

If you are a homeowner with valuables to protect, or professional concerned with security for your business, this book is designed for YOU. It will enable you to HAVE A comprehensive understanding of how professional burglars bypass 90% of locks, fire safes to X6 rated jew elry safes, local alarms to "AA" rated systems and much more.

This highly detailed and fully illustrated manual will give you THE LEADING EDGE on all types of alarm systems. It is new, technologically advanced, and easy to read.

1989. 8 1/2" x 11". 113 pages, 125+ illus. \$14.95 U.S.

The most complete book ever written on burglary.

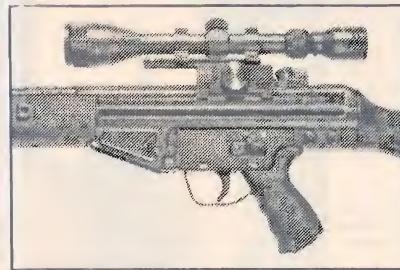
Iron Press
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The Mitson System

How women can protect against rape...

Staff Report



The victim immediately assumes the Mitson stance with knees bent and elbows pointed out.



Twisting to the left she strikes a powerful blow with the elbow. Power comes from the hip.



Twisting back to the right, the right elbow delivers another blow.



Next she drops down...

to her mouth and the black glove covered her entire face. As her knees stiffened, Barbara tried desperately to resist his efforts to force her into the van.

Unable to cry out for help, a sense of absolute terror came over her, and paralyzed with fear, tears streamed down her face. Beating ever so rapidly, her heart felt as though it would explode in her chest. The little resistance she offered only heightened the thrill of this animal who wanted to rape her.

Barbara knew that if the door of the van closed with her inside, the rape would turn to murder. This dreadful thought brought on a new surge of adrenalin, and with no previous experience in self defense, she struggled to break free. Instinctively she bit down hard on the hand that was silencing her. The attacker momentarily released his hold giving her time to scream for help. Two men who were entering the store heard the scream and rushed toward the van. As the

At 10:30 p.m. on a quiet Thursday evening a young woman left the checkout counter of a suburban grocery store. She headed for her Dodge Caravan which was parked in the far corner of the lot. Casually dressed, Barbara was anxious to get home and walked briskly toward the passenger side of the vehicle. Preoccupied with the weekend activities she was mentally rehearsing, the woman was unaware of the impending danger within her surroundings. This was presumably a safe neighborhood.

As she paused briefly to switch the

groceries from one arm to another, her small right hand slipped into her jacket pocket and retrieved her keys. Suddenly, the only other automobile that was parked nearby sped off toward the street. With one quick turn of the key, the sliding door opened and she stretched out her arms to place the grocery bag on the nearest seat.

Then it happened... just as she was about to close the door, Barbara was seized from behind and locked within the powerful grip of an unknown assailant. His large hand moved quickly



...and grabs the assailant's leg...



...causing him to fall to the ground.



After a swift kick to the groin she flees.

men shouted for the release of the woman, the assailant hurled Barbara to the ground and made his escape.

In this true-life situation, Barbara's good fortune was the result of circumstance, not skill. For many women (nearly one million in the U.S. every year) the end of the story is tragic. They become the victims of a terribly violent and humiliating crime perpetuated by men from all walks of life: doctors, lawyers, teachers, ministers, police officers and casual acquaintances.

Research conducted by Dr. Pauline Bart, a professor of sociology at the University of Illinois and the author of *Stopping Rape: Successful Survival Strategies* (Pergamon Press) shows that there is no list of characteristics or traits that distinguish a rapist from a non-rapist. They come from every racial and economic status with one singular goal — to dominate a woman psychologically, emotionally, cognitively, and physically. According to author Helen Benedict, "A rapist puts his victim in a position of helplessness, makes it clear to her that she is utterly at his mercy, breaks her will by humiliating and degrading her, and finally inflicts pain."

But what if the rules of the game changed? What if women were no longer perceived as helpless females, unable to protect themselves from an overly aggressive male population? What if the women of America could learn simple, easy to learn moves that would help them survive an attack like the kind perpetrated against Barbara?

Mits Yamashita, the highest ranking instructor of Yoshinkai Aikido, and Andy Wilson, an international black belt Karate champion, have developed the "Mitson System of Self Defense for Women."

Mits and Andy specifically developed the Mitson System for women with little or no prior experience in self defense. Working women and busy home-makers who haven't got the time for formal training can learn the basic moves in the privacy of their own home with the help of a new video tape Mits and Andy have produced.

The Mitson System teaches effective techniques to employ against the basic grabs and most common forms of attack upon women. It emphasizes the importance of a quick response and because the moves are so simple, anyone can learn it and do it.

The Mitson basic position incorporates a bent-knee stance for better stability. The arms are horizontal and bent, elbows pointing out and fists

The Mitson System



next to the chest. Striking blows are made with the elbows in a series of back and forth swipes that, when combined with the rotating power of the hips, can deliver a multitude of devastating jabs and punches.

The three patterns of elbow movements in the Mitson System include: (1) horizontal movement side to side, (2) across the face diagonally, and (3) up and down vertically. These blows are delivered quickly and according to the type of attack made on the victim, i.e., double wrist grab, choke hold or rear bear hug attack.

Besides the home instruction course on video (available in a sign language version for the deaf), certified Mitson instructors are available for one-day seminars throughout the United States. These instructors work in co-operation with local rape crisis centers and provide hands-on instruction and more advanced teaching than what is shown on the video.

Mits and Andy have stated, "No system of self defense is foolproof." With that in mind, they have joined forces with American Personal Security International (APSI) to create the ultimate self defense concept. APSI markets a super tear gas unit known as Lightning Bolt that has a key ring attached to the base of the hand held aerosol unit. The liquid tear gas unit will spray up to 18 feet putting the "toughest" assailant to the ground in seconds.

The Mitson video and Lightning Bolt unit are marketed through independent multi-level distributors nationwide. A small \$25 fee entitles a distributor to receive one Lightning Bolt unit, a training manual, and the right to buy wholesale and sign up other distributors under them. People with little or no karate training are now teaching the Mitson System and earning extra income in the process. Wilson adds, "No woman should be defenseless. Recent FBI reports show that over 90 percent of rapes occur with keys in their possession. With the APSI ground floor program, more lives will be saved and less rapes will occur." The video is available for \$29.95 by calling (800) 888-8119. To receive information regarding the business opportunity, send a legal self addressed stamped envelope to APSI, P.O. 7006, Beverly Hills, CA 90212. ●



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Thompson M1911A-1 Pistol

All-steel Government Model .45 ACP handgun...

Staff Evaluation



The Thompson 1911A-1 was as accurate and reliable as the best out-of-the-box Government Models the ASG staff has test fired.



Standard military-type sights.



The Thompson 1911A-1 is all steel except for the checkered brown plastic grip panels.



One of two jams experienced during test shooting.

WE'VE done numerous evaluations of the venerable 1911A-1 .45 ACP Government Model pistols over the years. This basic military side-arm has been made and remade with and without modifications for most of this century by many different manufacturers.

The Auto-Ordnance Corporation in West Hurley, New York, has been making 1911A-1s for sale to the public for the better part of a decade now. Their Government Model pistol is all 4140 steel construction except for the checkered plastic grip panels and is identical to military specification as any 1911A-1 we've seen over the years.

Shooting standard 230-grain military ball ammunition (American Eagle and Remington brands) we put the Auto-Ordnance gun through its paces and it performed quite well, indeed.

As has happened with other new out-of-the-box 1911A-1s we've tested, we did experience a couple of jams during firing. These were failures to fully extract spent casings and were immediately cleared by racking the slide. These may have been the result of a loose hold on the gun since all other rounds fired before and after the two jams were cycled perfectly.

Trigger pull we reckoned at about

6½ pounds and was pretty smooth. Accuracy was good; about what you'd expect from 15 to 25 yards with your basic out-of-the-box mil spec Government Model, maybe just a little better than some of the other 1911A-1s we've shot. You have the standard dimensions: 8½ inches overall length, 5-inch barrel, 39-ounce weight empty, and so on (8-shot capacity: 7 in mag + 1 in spout).

All in all, the Thompson 1911A-1 is a very solid, good quality, good shooting pistol, if our test sample is any indication. This is a .45 we'd be happy to have anytime for sport or self-defense uses. And of course if you want to customize the gun, you have an excellent basic pistol to start with. Suggested retail price is \$368.95. This gun is also available in .38 Super caliber and as the new ZG-51 "Pit Bull" shortened Government Model, which we plan on testing down the road.

If you're in the market for a Government Model .45 or .38 Super pistol, these guns are well worth checking out. See your gun dealer, or contact Auto-Ordnance Corporation, Dept. ASG, West Hurley, NY 12491; (914) 679-7225. •

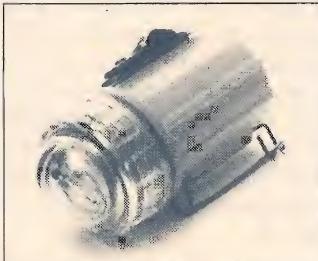
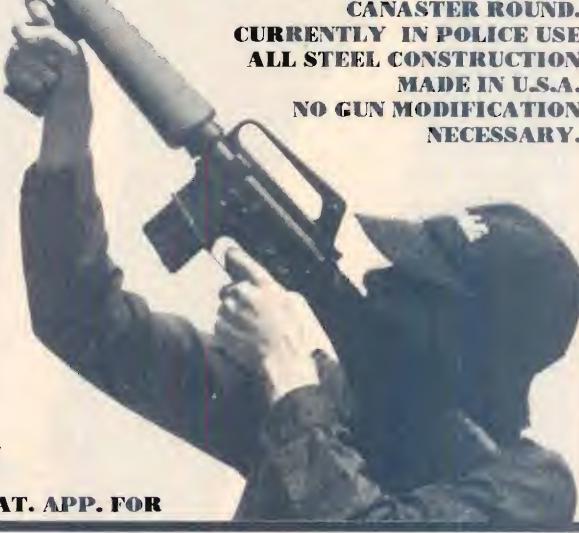
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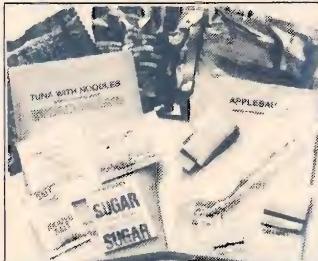
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The Savage Edge:

Anaconda Bowies

These bowies feature the Iron Mistress blade shape...

Staff Report



The Anaconda II (left) and the Anaconda I (right) are good survival and combat knives.



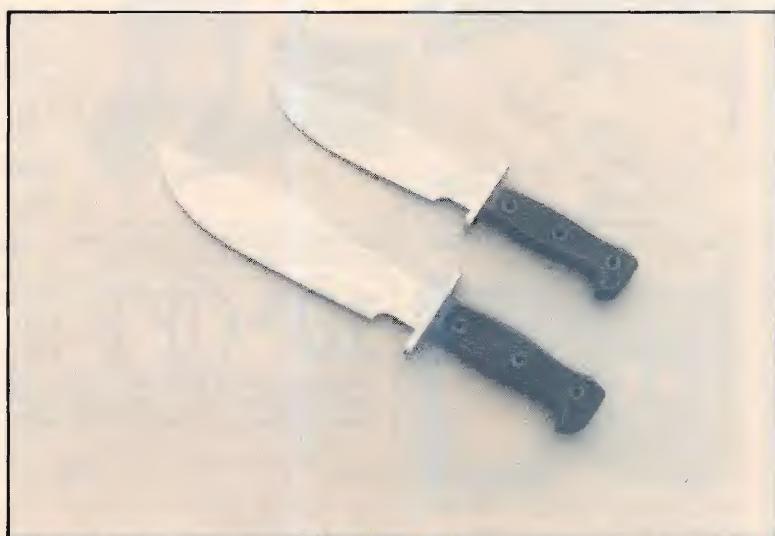
A quality leather sheath is provided for belt wearing.

The Anaconda I and Anaconda II bowies made by Blackjack knives have the look and feel of a knife that means serious business. The "Iron Mistress" blade design is subtly modified so that it has a continuous cutting curve. Handles are made of non-slip Kraton that are injected molded onto the full tang construction. They are also bolted to the tang for added strength.

Both knives are made of 400 series high carbon steel with blades sharpened to a razor edge. The hand guard is made of 304 stainless steel. Each knife comes with a high quality black leather sheath.

Specifications for the Anaconda I: blade length is 8 inches; overall length is 13 inches. Weighs one pound, three ounces. Retail price is \$79.95 but is available from Savage Edge for \$69.95 postage paid. The Anaconda II has a blade length of 10½ inches with an overall length of 15½ inches. It weighs one pound, thirteen ounces and retails for \$99.95. Savage Edge price is \$89.95 postage paid. Contact: The Savage Edge, 270 Mendon Road, Dept. ASG, South Attleboro, MA 02703; (508) 399-7535. •

The Anaconda I has a blade length of eight inches. The Anaconda II's blade is over ten inches long.



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ANACONDA I

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Blade length:	8"
Blade thickness:	1/4"
Weight:	19 oz
Retail:	\$79.95

Savage Price: \$69.95

ANACONDA II

Overall length:	15 1/2"
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Blade thickness:	1/4"
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K.B.I., Inc.:

Jericho 941 Pistol

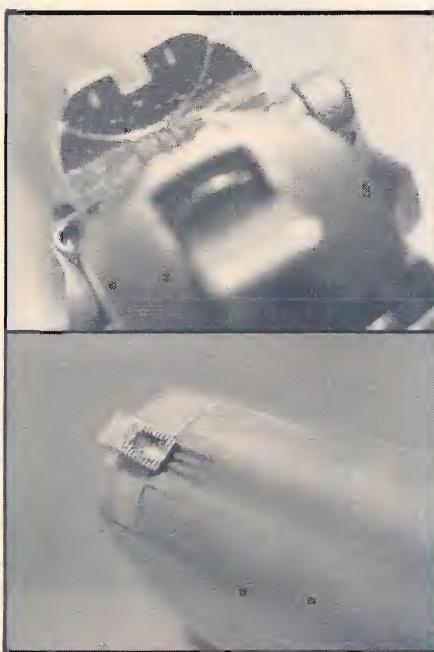
New, quick-change 9 mm NATO-.41 AE caliber semiauto...



Shooters found the 941 pleasant to shoot, accurate and very controllable.



The Jericho 941 comes in this attractive lockable black plastic case with 50 rounds of each type of ammo, two magazines in each caliber, cleaning gear and recoil spring assemblies, barrels and instruction & safety manual.



The drift adjustable front and rear sights have tritium for night shooting capability.

By Jim Benson

AT first glance, the new Jericho 941 multi-caliber semiautomatic pistol could be taken for the Desert Eagle pistol.

The Jericho, which also bears a certain resemblance to the Czech CZ-75 pistol, is made by Israel Military Industries, as is the Desert Eagle.

According to a spokesman for K.B.I., Inc., U.S. importer of the Jericho 941, I.M.I. wanted a family look to its guns and that is why the Jericho has the appearance of a scaled down Desert Eagle.

But cosmetics aside, the Jericho is a much different firearm than the Desert Eagle.

This recoil-operated, double-action handgun offers the advantage of a no-tools quick change of barrels, recoil spring assemblies and magazines for shooting either 9 millimeter Parabellum or the new .41 Action Express ammunition.

The 941 is sold complete with lockable plastic case containing the gun, 9 mm and .41 AE barrels and recoil spring assemblies, 50 rounds of FMJ Uzi brand .41 AE and 9 mm ammunition, two magazines for each caliber and cleaning gear and owners manual. The 9 mm magazines hold 16 rounds each and the .41 AE magazines hold 11 rounds each.

I.M.I. is the originator of the .41 AE cartridge which is produced commercially in its Samson and Uzi ammo brands. Other ammunition makers are now also producing this round and there are several handguns on the market which fire it. The .41 AE round has similar velocity to the 10 millimeter round but produces less chamber pressure and therefore less recoil and muzzle rise.

Apparently, some problems have been experienced by shooters — mainly having to do with extraction — in some of the handguns which fire the .41 AE round and I.M.I. wanted to



develop a pistol designed to shoot the .41 AE caliber. This they have done well with the Jericho 941.

Some of the other features of the 941 which stand out upon examining it are the polygonal rifled barrels which provide lower recoil and better accuracy; the full-length, internal slide rails which prevent binding of the slide (no left or right movement), promote smooth functioning and add to accuracy; and tritium on the drift-adjustable (windage only) front and rear sights for true night shooting capability. The ambidextrous decocking lever on the slide disconnects the trigger as it lowers the hammer.

The combat-style squared trigger guard and grip are serrated in front and facilitate two handed shooting. The grip dimensions are anatomically formed to permit "rapid, accurate, instinctive shooting," according to the 941 instruction manual. Grip panels are black plastic. The gun has a matte black finish.

It takes only about one minute to change from 9 mm to .41 AE or vice versa by partially disassembling the gun, which is the same disassembly done for cleaning. As with other modern semiautomatic pistols, after unloading the gun, draw the slide back to line up indentations in the slide and frame, punch out the slide catch lever and pull the slide forward and off the frame, then remove the recoil spring assembly and barrel and you're ready for cleaning or caliber changing.

We test fired the 941 at two separate shooting sessions with the I.M.I. Uzi brand 115-grain full metal jacketed 9 mm ammo and 200-grain full metal jacketed .41 AE ammo supplied in the case with the gun and with other commercial 9 mm ammunition.

Firing from a standing position without a rest from 15 to 25 yards from our targets we obtained very good results with the 941 in both calibers. My personal favorite was the .41 AE caliber for this gun. Having fired many

Continued on page 64

The .41 Action Express caliber offers velocity similar to the 10 millimeter caliber but with less recoil and muzzle rise.

'On this side of the world it's business as usual for the tyrants who hold North Korea in their iron grip'...

Koreas:

No Perestroika

By Sgt. Charles R. Evans

WHEN I received my orders for Korea I was both sad and elated. Sad that I would be separated from my family and friends for a year, but also looking forward to being in another country, having a different job and making new friends.

South Korea is a study in contrast, with old traditions and costumes merged with the bustling economy of a growing democratic nation. The Korean people have a strong work ethic and strive to get a good education and provide themselves and their families with the fruits of capitalism.

While the Berlin Wall has fallen and the countries of Eastern Europe are throwing off the shackles of communism, or reforming communism, on this side of the world it is business as usual for the tyrants who hold North Korea in their iron grip.

The two Koreas are separated by the 2.5-mile-wide and 155-mile-long Demilitarized Zone or DMZ. The border area on both sides of the DMZ is heavily fortified by fences, concrete bunkers, mine fields and hundreds of thousands of heavily armed troops. Electronic listening posts dot hilltops with intelligence personnel constantly scanning the other side for signs of infiltration or overtly hostile action.

I recently went on a tour of the Truce Village at Pamunjom. This village straddles the DMZ and is where most of the official dialogue between the two countries takes place. As you go north from Seoul you notice the preparations the south has made in anticipation of an invasion from the north. Most major highways have built-in blockades that can be blown up to prevent their use by invaders. Anti-tank walls and traps are visible and most major bridges are designed with sections that can be blown out easily.

Over the years there have been many incidents along the DMZ, the large part of these perpetrated by the north. Most of these incidents are harassing

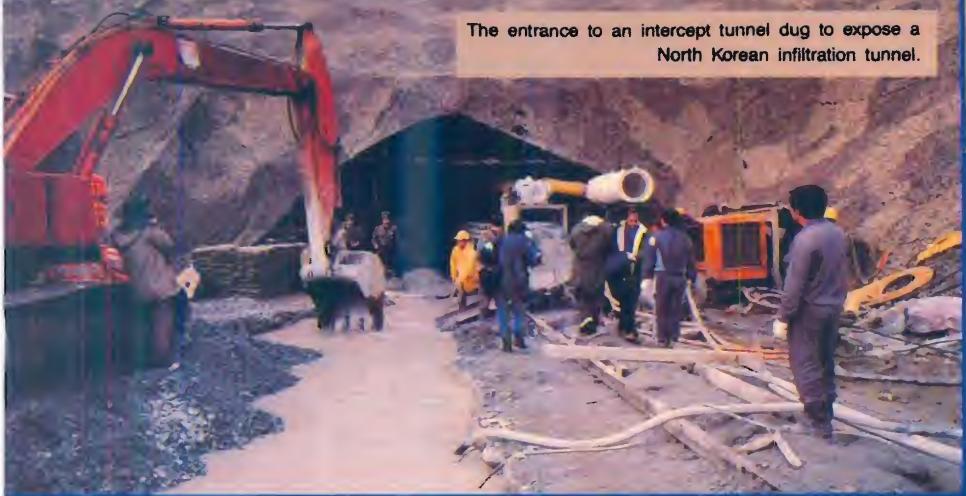


in nature but they can be overtly violent. Such was the case in 1976 when a work crew attempting to cut a tree inside the DMZ was attacked by North Korean guards. Two Americans were murdered before a reactionary force could come to their aid. But there are other violations of the cease-fire (there has never been a peace treaty between North Korea and South Korea and its

allies) that take place on a less obvious level.

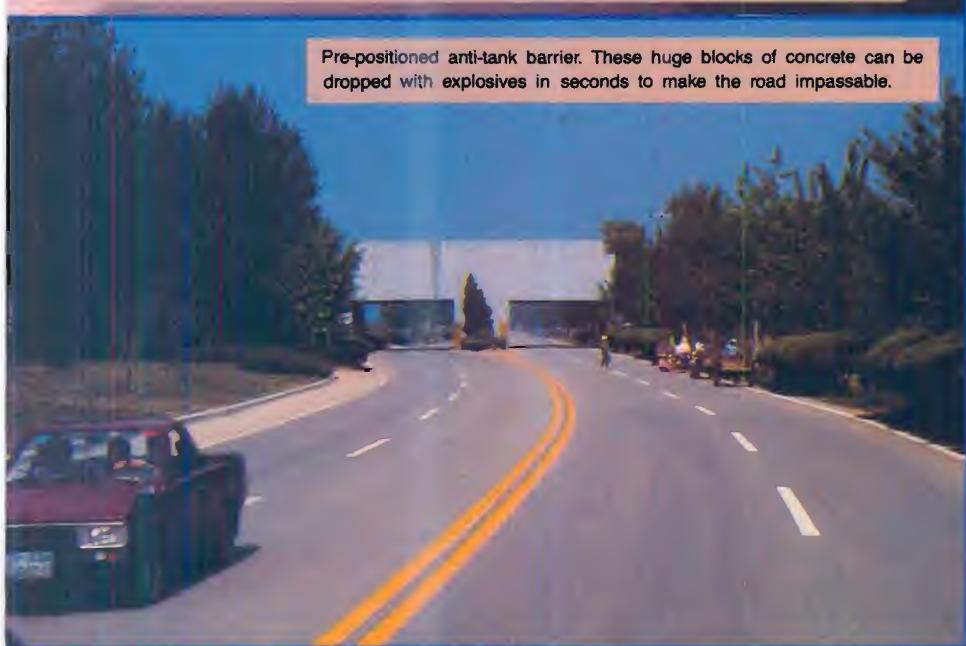
While on the DMZ tour I spoke of, we were told of three infiltration tunnels discovered since 1974. On March 4, 1990, just three weeks after my DMZ tour, a fourth tunnel was discovered. The 6-foot-by-6-foot shaft, believed to extend 6,000 feet, was burrowed through solid granite nearly 500

The entrance to an intercept tunnel dug to expose a North Korean infiltration tunnel.



North Korean border guards keep a suspicious eye on tourists and American military personnel.

Pre-positioned anti-tank barrier. These huge blocks of concrete can be dropped with explosives in seconds to make the road impassable.



feet beneath the surface in an extremely rugged mountainous area about 100 miles northeast of Seoul and about 20 miles from the peninsula's east coast.

Although the tunnel appeared to be abandoned, it left behind a reminder of mindless disregard for life. A scout dog sent into the tunnel by South

Korean soldiers was killed by a mine. At least 10 other booby traps have been discovered since investigation of this tunnel began. In the past 16 years of tunnel search operations, 10 people have been killed and 16 injured by booby traps left behind by the North Korean builders.

Although North Korea consistently

claims it only wants peace and unification of the country through peaceful means, its actions constantly belie its words. The purpose of these tunnels is obviously to move thousands of heavily armed soldiers south of the fortified DMZ and make a rapid move on the capital city of Seoul.

When confronted with the evidence of their treachery the North Koreans rail against the Seoul government and their allies. They claim the south constructed the tunnels as propaganda ploys or attempted to pass them off as abandoned coal mines. One can only wonder at the tenacity and/or competence of a coal miner who would bore through 600 feet of solid granite without finding a single seam of coal. Defectors from the North have stated that there may be as many as 20 of these tunnels in existence.

Communist agents also use the colleges and universities of South Korea as staging areas for their devitalizing tactics. Demonstrations against the South Korean government and the United States are common and often violent. As on most campuses there are always a few "useful idiots" who can be manipulated to spout party rhetoric and advocate the overthrow of the legal government.

The South Korean government has its problems just as all governments do, but it still has the support of a majority of the voters. The Korean people I deal with on a daily basis are happy the United States is here to protect the peace. These are not the bar girls or hustlers who make a living off the G.I., but teachers, merchants and the normal Korean citizen who understand what life would be like in a "workers paradise" of the communist making.

With the democratic reforms going on in Europe many of our elected officials are clamoring for massive troop cuts, not only in Europe but also in the Far East. Those of us in Korea are already hearing of base closings and troop pullouts. While reductions are surely warranted in Europe owing to the Russians being asked to leave by their "host" countries, the situation here is totally different. The North Koreans are surely chuckling at the Bush administration's rose-colored-glasses view of the Chinese response to their own pro-democracy movement. There should never be the remotest chance that South Korea could suffer the same fate as some of our former allies in the area, i.e., South Vietnam, Cambodia or Laos. •



Outdoors Threat:

Insect Repellents

We need to acquire knowledge of both the threat of insects and the means available to combat their bites and stings...

By Fred Bowman

AS you curse and swat the insects buzzing about your head this summer, consider their impact on the outcome of some major struggles of the human race.

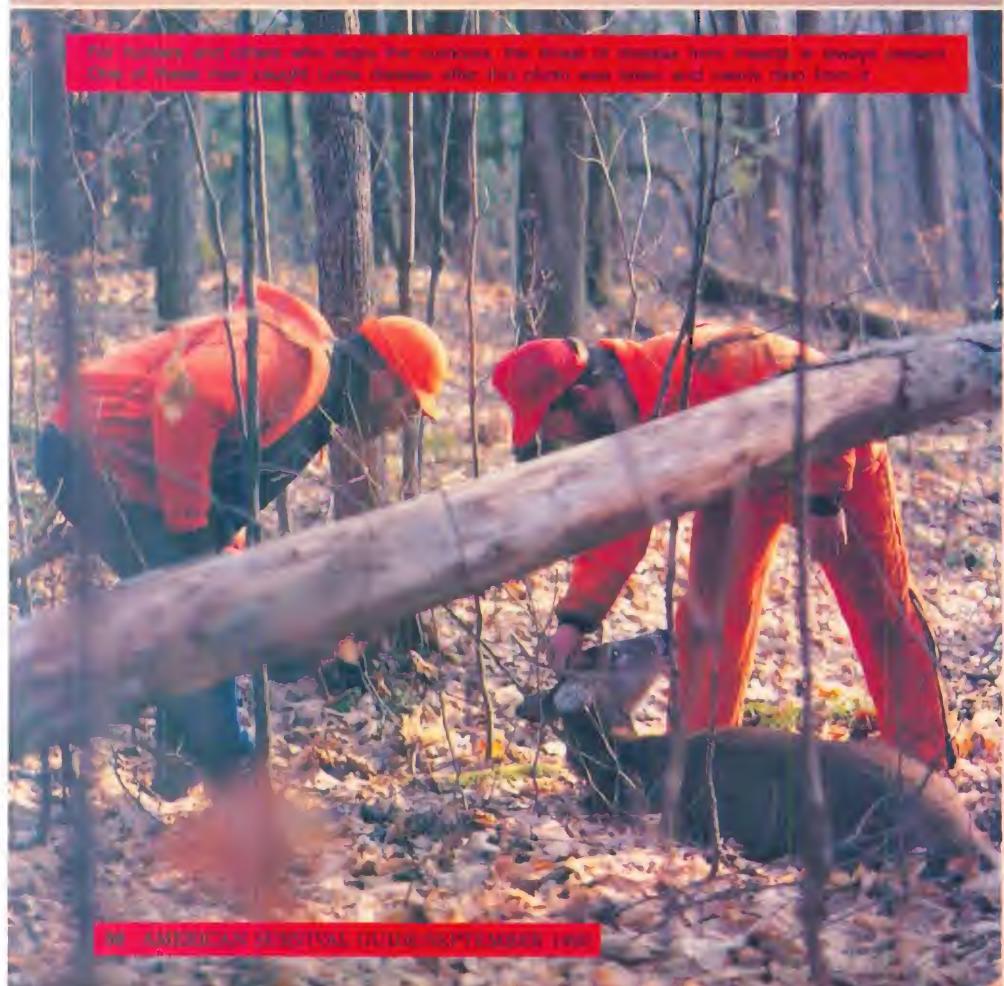
Yellow fever nearly eliminated the United States Army as an effective force during the Spanish-American war. Napoleon's defeat in Russia was not primarily caused by the Russians but by typhus. Malaria casualties surpassed those suffered in combat during World War II. Because of the diseases they transmit, harmful insects deserve the attention of anyone organizing a self-sufficient lifestyle.

Due to such diverse events as the tendency of insects to develop immunity to insecticides and the increase in breeding places for mosquitos brought about by the proliferation of abandoned, water-filled automobile tires, the occurrence of malaria has multiplied worldwide. Closer to home, cases of Lyme disease have increased in the United States from under 500 in the Northeast in 1982 (at the time the only part of the country to experience the ailment) to approximately 5,000 cases in 43 states in 1988. Though not as great a threat as others that we are more accustomed to (like the 45,000 snakebites suffered annually in the United States), it is a safe bet that Lyme disease will continue to spread.

We used to acquire knowledge of both the threat — the specific insects that plague us and whether their attentions result in a serious disease or just harassment — and the means available to combat that threat. A survival situation requires a working knowledge of both the old and new ways of accomplishing a goal. For example, the wilderness traveler should be familiar with fire starting from the bottom of the technological ladder to

mosquitoes on deer ticks photographed with an electron microscope used in a doctor's office. (Courtesy of Centers for Disease Control)

For hikers and others who enjoy the outdoors, the threat of disease from insects is always present. One of these men caught Lyme disease after this photo was taken and never left from it.



the top — from using a firebow, flint and steel, magnifying glass, and finally, by using firearms cartridges or matches. To protect ourselves from insects we need to study both the historical and current means of dealing with the threat.

Threats from insects are usually only thought of as tick-borne diseases such as Lyme disease or Rocky Mountain spotted fever. But an early-season trout angler, particularly those who fish the northern states or Canada where the black fly is king, will verify that swarms of insects are more than an inconvenience. Mosquitos and black flies can literally deny an area to both humans and other animals if one is not prepared. Canadian Indians tell of dogs being killed and of moose and other big game fleeing in panic after being assailed by swarms of black flies or mosquitos.

There are over 2,500 species of mosquitos worldwide, of which we are blessed to coexist with 150 to 200 species in the United States. Only the female mosquito bites, and then only at a time during the reproductive cycle when the normal vegetarian diet of plant juices must be supplemented by a carnivorous meal of blood to promote egg development.

The average person collects about 200 mosquito bites during an average summer. These will likely cause no more harm than itching and a bad temper, though mosquitos transmit a small number of cases of encephalitis each year in the United States.

While the black fly is not known as a disease carrier, this insect is a legend of the northwoods. Though they swarm at their greatest numbers in the spring, there are always enough left after that time of year to plague any mammal hanging around the swiftly flowing streams where they breed. Unlike the mosquito, which bores a hole in the skin to extract a meal, the black fly has rasping jaws that painfully gouge and abrade their way through the skin.

Punkies and no-see-ums are generic names for small, biting insects, usually biting midges or sand flies. Small enough to penetrate insect netting, they breed in swampy areas and swarm and cause a wound similar to the black fly.

Diseases transmitted by ticks include Lyme disease, Rocky Mountain spotted fever, Colorado tick fever and tularemia. The tick which has attracted the most attention is *Ixodes dammini*, known as the deer tick, bear tick or Lyme tick, depending on which part

of the country you find it. This creature will be not much larger than a pinhead at the larval stage and, at maturity, it will only be half the size of the common wood or dog tick, *Dermacentor variabilis*. The numerous species of ticks found in North America can carry a wide variety of diseases — all should receive the respect and precautions given the deer tick.

Ticks lurk in grass and brush, and commonly are picked up by humans or animals while walking. They then crawl up the body and at some point burrow into the flesh with their mouth-parts to feed on blood. If left in place for 24 hours an infected deer tick can transfer the Lyme disease bacteria to its victim.

The most common Lyme disease symptom is a large skin rash which may appear from three to 32 days after a bite by an infected tick. Other symptoms include fever, chills, headache stiffness in joints, weakness and fatigue. Later stages of the disease are characterized by forms of arthritis and cardiac and nervous system disorders.

Or, the infected person may exhibit no symptoms whatsoever. Only 50 percent of those infected exhibit the characteristic Lyme disease rash. Those exposed to deer ticks should contact a physician to determine if a blood test should be administered. If treated in the early stages, Lyme disease is usually cured with simple oral antibiotics. Awareness, as well as prevention, is crucial when dealing with ticks. Finding a tick on your body that could have been there for a day is grounds for calling a physician.

To remove a feeding tick from your skin, avoid the traditional remedies of applying oil, grease, gasoline, juice from tobacco products, and so forth. The current wisdom is simply to grasp the body of the creature and pull, taking care not to leave the head imbedded in your skin if it becomes detached.

Historically many noxious substances have been used to repel insect pests, the theory being that if we can't stand it insects can't either. Such olfactory delights as animal urine, bear and other animal greases, and various oils and pitches from trees and plants such as pine tar have all been used. Thoreau used a mixture of turpentine, oil of spearmint and camphor to repel the bugs at Walden Pond. American Indians sat downwind of smoky fires during the bug season. When traveling they would cover their entire bodies with a thick layer of mud to defeat mosquitos and black flies. Other tradi-

tional repellents were easier to live with, lining the bed with cedar shavings or hanging catnip or mint in a dwelling, for instance. Repellents are easy to find — the challenge is finding substances which are both harmful to insects and tolerable to humans.

Modern Repellents — Modern chemical repellents are dominated by a single substance, N,N-diethyl-m-toluamide, or deet. Deet has been the only effective repellent ingredient on the market since its introduction after World War II. Warm-blooded animals continuously secrete lactic acid from the skin surface which insects detect as it evaporates. Deet interferes with the functioning of insect antennae receptors that sense the lactic acid.

There are drawbacks to deet. It will damage some plastics such as sunglasses and fishing gear. When applied to the skin, about 50 percent of deet is absorbed within six hours. This has caused concern because of several cases of toxic reactions. Medical records indicate that in those cases where allergies were not a factor, the health problems were caused by abuse of the deet products. Incidents were reported of people drinking the product, and, in one case, a mother applied massive doses of a deet product to an infant's skin over a period of weeks.

Precautions recommended by the Environmental Protection Agency include avoiding use over extended periods, refraining from applying the product to hands and other areas where small children may have contact with their mouths, and avoiding applying deet to diapers or other clothing that fits tightly against the skin. Repellents should be washed from the skin after returning indoors and should not be applied over cuts, wounds or irritated skin. Repellents containing high concentrations of deet should not be used on children.

The fear of Lyme disease has generated some of the problems associated with excessive applications of deet repellents. Symptoms of misuse include headaches, mood changes, and adverse skin reactions. More severe cases may experience convulsions or unconsciousness. Deet manufacturers are emphatic in their defense of properly used deet products, and this is supported by EPA tests. Deet repellents are used by 50 to 100 million people each year. As with any substance, including foods, there will be a certain number of allergic reactions.

The percentage of deet in repellents

Insect Repellents

ranges from 15 to 100 percent. Aerosols have the lowest amount because of the carrier, which evaporates after application. Also, repellents lose their potency from dilution by perspiration, abrasion of clothing, and absorption into the skin.

One hundred percent deet solutions are not necessarily more effective than lesser concentrations. The military recommends and issues repellents with 70 percent deet, and researchers claim that between 35 and 55 percent will provide maximum protection. Since the repellent will not do any good unless it stays on your skin, using a lower deet percentage product that is applied in a form that will remain on the skin longer — a 35 percent lotion or cream versus a 75 percent liquid, for example — is more economical and effective.

For those who feel the need to avoid deet products, the choices are limited. Natrapel, manufactured by the Tender Corporation, uses citronella, a traditional northwoods black fly repellent. It contains no deet.

A spokesman from Pete Rickard, Inc., producers of the Old Time Woodsman line of insect repellents, remarked that modern-day government requirements may end the use of some traditional repellent ingredients. "The EPA is requiring every repellent ingredient to be retested. While deet will more than likely survive, many of the traditional specialty products, pine tar, and so forth, will be priced out of the market. I would guess that 10 to 20 thousand dollars worth of studies will have to be made on each one. With some of these products, that is more than we make on sales."

Insecticide — Deet is recommended as a defense against ticks, but deet is a repellent — it does not kill insects. A substance that will kill ticks without harming humans is the insecticide permethrin in its commercial form, Permanone.

As in most cases of advances in chemical repellent technology, Permanone was originally produced for the military. The product is applied to clothing and provides 48 hours of protection against any insects that come into contact with it. The manufacturer, Coulston International Corporation, is currently working on a product — again for the military —

that will allow permethrin-treated clothing to be laundered weekly for the period of a year without being retreated. A spokesman for Coulston says that the product should be issued to the military this year, and will likely be available to the public within three years.

What this breakthrough means is that at long last there is an effective means of protection from the aggravation and health dangers of biting insects. Military tests performed in Alaska demonstrated that the combination of using a 75 percent deet repellent on exposed skin and Permanone on clothing resulted in 100 percent protection. The untreated, or control subjects in this study received mosquito bites at a rate greater than 1,800 bites per person per hour.

Both deet and permethrin are stable chemicals and will not deteriorate during long-term storage if kept airtight in the original containers.

The most common non-chemical means of defense against insects is mosquito netting. Mail-order camping supply companies usually sell the type that is worn like a hat, with built-in hoops to hold the material away from the skin. For early season trout fishing trips, when anglers are literally breathing flying bugs, a headnet can save a trip. Bug jackets are a combination of deet repellent and netting. Made of netting, these garments are worn over other clothing. When not in use, they are stored in a bag containing repellent.

Most authorities recommend wearing neutral colored clothing, claiming that bright colors attract flies and mosquitos. However, clinging ticks show up better against light-colored fabrics when checking yourself at the end of the day. Tightly-woven cotton clothing is comfortable in hot weather and offers protection from probing proboscises and rasping jaws. Add a silk balaclava, if the weather isn't too hot, to complete the bug-proof armor. Close trouser and sleeve openings with rubber bands to keep out crawling insects. Avoid dabbing your body with perfumes and colognes during the insect season — the scents will attract flying insects.

When considered as an element of self-sufficiency, protection against insect bites becomes more than a ques-

tion of keeping the mosquitos from ruining an afternoon of trout fishing. The very presence of swarms of biting insects can deny large areas of territory to the wilderness traveler. Students of self-sufficiency are aware that food and drug supplies in this country would begin to dry up within 30 days if manufacturing were stopped. Many of the world's major fatal diseases, heavy hitters like malaria, bubonic plague and typhoid, are transmitted by insects. The scenario of a hungry, diseased world, such as the situation found in some Third World areas today, stresses the need to focus on this significant element of preparedness. ●

PERCENT OF PROTECTION OFFERED BY REPELLENTS

(Source — U.S. military research)
Permanone is .05% aerosol solution sprayed on clothing for 1 minute.

PRODUCT	MOSQUITOS	TICKS
Permanone and 35% deet	100%	99%
Permanone	93%	100%
35% deet applied to skin	94%	
20% deet applied to clothing		86%
30% deet applied to clothing		92%

PERCENTAGE OF DEET CONTENT OF REPELLENTS

PRODUCT	PERCENT DEET
Ben's 100 pump	100
Ben's 100 lotion	100
Muskol Maximum Strength Lotion	100
Off! Maximum Protection	100
Repel 100 pump	100
Old Time Woodsman Jungle Plus	100
Old Time Woodsman Jungle	75
Formula lotion	
Old Time Woodsman Jungle	60
Formula aerosol	
Repel Sportsman's Formula pump	55
or liquid	
Old Time Woodsman Kamper's lotion	50
Ticks Off!	40
Muskol Maximum Strength aerosol	40
Cutter cream	35
Repel Family Spray	35
Off! Deep Woods lotion	30
Off! Deep Woods towellettes	30
Old Time Woodsman Liquid Fly Dope	27
Cutter Original aerosol	26
Muskol Original aerosol	25
Off! Deep Woods aerosol	26
Cutter Evergreen Scent aerosol	22
Off! aerosol and pump	15
Natrapel	0

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- Black micarta handles
- High quality black leather sheath

FOX #685 N.E.K.

A modification of the #684 which tends to give a Bowie appearance. This knife is being used by the Italian Navy in helicopters as an emergency knife.

This knife has a sleek design as well as sturdy construction and includes these features:

- 8 ¼" blade, 13 ¼" overall
- Solid brass guard
- Black micarta handles
- High quality black leather sheath

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Vital Signs

(Continued from page 29)

you will hear the start of a series of thumps through your stethoscope as blood resumes flowing. The first thump is the systolic (highest) blood pressure. Note the reading on the pressure gauge. This is your first of two measurements.

Continue to listen carefully as you let more pressure out of the cuff. Keep watching the gauge. Soon the rhythmic pulses will grow very faint or disappear altogether. The pressure in your cuff has dropped below the lowest pressure in the artery. Note the position of the needle on the gauge. You have just read the low point, or diastolic pressure, for your second and last reading. Deflate the cuff completely, but you may want to leave it in place on the arm so that you can recheck blood pressure at frequent intervals without having to put the cuff back on each time.

Blood pressure is expressed as a fraction with the systolic pressure placed over the diastolic pressure. If the first thump you heard through your stethoscope occurred when the needle was at 120 mm Hg. (systolic pressure) and at 80 mm Hg. you couldn't hear the pulse beats at all (diastolic pressure) it would be written as "120/80" and stated as "120 over 80."

This is a very important point. One blood pressure reading by itself is not very useful, especially if you don't know what your victim's normal blood pressure is. It is the pattern of changes in blood pressure, measured over time, that is crucial. Take frequent readings, and write them down along with the time. Do not try to remember them. Many of you have been in critical situations before and you undoubtedly know how five minutes can seem like an hour. Keep a small notebook and pencil in the bag that comes with your blood pressure cuff (Pencil, because it will not freeze, melt, or clog up when you need it).

What is a pattern of changes in blood pressure? If you take three readings over a 20-minute period and get 120/80, 119/82, and 121/78, you don't have to worry. Check the other three vital signs just to be sure, but these minor variations are caused by any number of things such as background noise, movement, etc.

If you take three consecutive readings over 20 minutes and get 120/80, then 100/75, and your final reading is

90/65, you are facing a radical drop in blood pressure. In this example, let's just say that you have been checking the other vitals and see an increase in pulse rate, cool and clammy skin, and rapid but shallow respirations. Your victim is probably going into shock and you need help immediately. Here is another crucial point, however. Do not try to "diagnose" from the field! If you have a victim showing noticeable changes in blood pressure — whether it is steadily rising, falling, or just jumping all over the gauge — get help immediately. Call your local Emergency Medical Services and get the victim assistance as soon as possible. Unless you're extremely skilled, have a lot of equipment with you, and are incredibly lucky, there is little you can do by yourself.

The odds are greater that you will encounter a threat to your survival or your family's survival through accident than any other means. The best survivalists have a determination of spirit coupled with a good grounding in basics. Having a cuff and stethoscope in your med bag coupled with the knowledge of how to use them to measure vital signs is part of that essential grounding in basic skills that everyone of us should know.

These items are readily available through any medical supply house. They weigh just a few ounces each, take very little space in your pack, and they are surprisingly rugged. There are many fine electronic cuffs on the market, but they are not suitable for field use. They're vulnerable to heat, dust, moisture, and they require a power source. You can pick up a top quality cuff and scope for well under \$75. Compare that to the price of just one quality backpack.

No matter what situation you may find yourself in, just remember, after the battle you still have to take care of your casualties. ●

The Signs and Symptoms of Shock

- Restlessness and anxiety
- Extreme thirst
- Nausea and/or vomiting
- Cold, clammy skin
- Weak, rapid pulse
- Shallow, rapid breathing
- Changes in the state of consciousness
- Drop in blood pressure

VITAL SIGNS

PULSE

Adults: 60-80 per minute
Children: 80-100 per minute
Infants: 80-160 per minute with an average of 120.

RESPIRATION

Adults: 12-20 per minute
Children: 18-26 per minute
Infants: 25-36 per minute

TEMPERATURE

98.6 F. or 37 C.

BLOOD PRESSURE

Adult Male
Systolic: 100 mm Hg. plus age (up to 150 mm Hg.)
Diastolic: 65-90 mm Hg.

Adult Female

Systolic and Diastolic 8 to 10 mm Hg. lower than in a male of the same age.

(All are for normal values at rest.)

SPHYGMOMANOMETER (sphyg-MO-ma-nom-e-ter) An instrument for measuring arterial blood pressure. Commonly called a blood pressure cuff, or just a "cuff." A basic and essential tool used with a stethoscope to measure blood pressure.

STETHOSCOPE A hearing instrument used to listen to the heart, lungs, etc. and the sounds they make. Used with the blood pressure cuff (sphygmomanometer) it is an essential tool for measuring blood pressure.

SHOCK A condition of disorder of the circulatory system, resulting from injury or a sudden psychic disturbance. It is characterized by a decrease in blood pressure, and a weak and rapid pulse. The victim is often unconscious.

A state of inadequate tissue perfusion (flow) of blood through the tissues. Three things exist to insure an adequate flow of oxygen carrying blood to the body tissues: a pump (the heart), a closed system of tubing (the arteries, capillaries, and veins), and a liquid (blood). Damage to any one component can cause lack of circulation of blood within the tissues (perfusion) and a condition known as SHOCK will occur.

CARDIOGENIC SHOCK Pump failure. The heart has been damaged and the heart muscle cannot squeeze enough to push the blood through the tubes.

NEUROGENIC SHOCK Tube failure. Normally, the nervous system controls and constantly readjusts the diameter of the veins and arteries to compensate for changes in posture (going from a lying to a standing position) or for changes in fluid volume. Any injury to the nervous system, such as a spinal cord injury, or an overdose of certain drugs (barbiturates) can cause neurogenic shock.

HYPVOLEMIC SHOCK Fluid failure. An inadequate volume of fluid in the system.

- Hemorrhagic shock — loss of blood
- Loss of blood plasma — burn cases.
- Loss of Gastrointestinal Fluids — vomiting or diarrhea.
- Loss of Sweat

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- Black micarta handle with brass pins and lanyard hole.
- Black leather sheath with cordura bound front.
- Adjustable pouch on front of sheath for storage of small items.

NOTE: There is also a larger forest model, the 613, that has the same above features but boasts a 7 1/4" blade and an overall length of 12 1/4".

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Shoreline Secrets

(Continued from page 27)

excellent fuel in many cases. Dig it out with a knife or tempered stick.

Chances are, the material you need for your fire is close at hand. Sit down and think. You'll come up with it.

Food and Water — Both rocky and sandy shores can offer an incredible variety of food, plant or animal. A complete understanding of the shore's ecosystem will be of great assistance to the survivor, when it comes to finding and preparing that food. This level of understanding is no easy achievement. I have been studying the sea for many years and have been taught its ways at such prestigious institutions as Scripps in La Jolla, but still find myself in the learning mode every time I venture down to the shore or out to sea.

On sandy shores, the sand itself may harbor ghost crabs, clams and a whole slough of other creatures that can be put to good use, such as worms and other things. Knowing what you are looking at will allow you to make use of it.

The surf zone of a sandy beach may be home to a huge array of fish. In some cases, you can see those inhabitants swimming in the wave's face as it crests. Get out your fishing gear and go for it! No bait? There is bait there, my friend. I was once involved in teaching a tropical survival course in the West Indies. One of my students surprised me one morning with several earth worms that he had dug up right in the sand. I had never found any worms of this nature in this sand before, despite my digging quite a few holes in several beaches on that island. Nevertheless, he found them there on the first try!

Rocky areas may contain tasty delicacies as blue mussels, limpets, and a bevy of other mollusks. My daughter, Britta, is an expert at collecting snails of all sorts in the tidepools of a point near our home in Maine. She'll even drag home different species of seaweed, such as dulce, laver and Irish moss. Not bad for a five year old.

Water procurement along the coast can be just as easy as food. That is not to say that it *will* be easy. Try digging down three or four feet into the sand, behind the first dune or pressure ridge on a beach. Remember, that dune might be a mere barely discernible rise in the sand. Shore up the sides as the

water seeps into the hole, and wait a couple of hours. The top two inches or so of that water will be potable, though possibly a bit sulphurish tasting. Why wait? It allows the salty water to settle.

If sand is less than abundant on your beach, search the shore for outlets of creeks and streams. Check the hinterland for the same, as well as springs, puddles, ponds and so on. Your map may give you a hint as to where to look. How about the base of a cliff or rock overhang? Maybe some water has collected there.

Been raining lately? Set out some containers to gather up the next rainfall.

Shelters — Of all nature's elements, wind, in my opinion, is the most frequently encountered problem that has adverse effects on shelters along the coast. This problem can be minimized by good site selection, improvisation and sound construction. In other words, rig for foul weather!

Dependent upon local conditions, two of the most widely used shelters found at shoreline survival sites are the lean-to and beach trench. We have all seen plenty of lean-tos. They are versatile and can easily be modified to fit the situation. If this is what you intend to build, make darn sure it is built to survive the rigors of the coast. Reinforce all weak points with whatever is at hand. Since it is above ground, the elements will do their best to destroy it.

A beach trench shelter is useful on sandy shores. Dig a trench deep enough for protection but not so deep as to bring ground water into the bottom of it. Shore up the sides. From the hinterland and the beach itself, collect materials to construct a roof, and do so. This roof will be exposed to the elements, so reinforce it just as you would a lean-to. Line the floor with vegetation from the hinterland.

Oh yes. I suggest you build that beach trench above the high tide line, which can be recognized by the debris line. Otherwise, you will have built a pool instead of a house. Of course, that pool will add to the property value...

As you can see, the shore offers quite a bit for the survivor. If there were one place I had my choice to survive on, I would select a sub-tropical, windward seacoast. The possibilities are endless. ●

Grain Mills

(Continued from page 34)



The Dual Deluxe Quality mill features interchangeable stone grinders and metal burr plates.



The Standard Quality Mill is one of the best hand mills available.

for cleaning. The Dual Deluxe Quality model offers both stone grinding and interchangeable metal burr plates for grinding oily items like raw soy beans or for cracking grains. Price is \$119.95 plus \$8.25 shipping. For more information on grain mills contact: SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside Calif. (800) 533-7415. •

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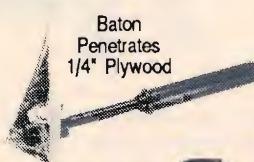
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Jericho 941 Pistol

Continued from page 53



The 941 has full-length internal slide rails for the most reliable functioning and better accuracy.



Serrations on the front of the grip and squared trigger guard provide a better hold on the gun.



Stripping takes seconds and requires no tools.



The Jericho 941's lines give it the appearance of a scaled down Desert Eagle. There are also similarities to the CZ-75.

9 mm pistols, I was pleased with the way the 941 handles in 9 mm caliber. It's as smooth and straight shooting a 9 mm pistol as any I've fired, but the .41 AE is a more potent round and something new. My best group with the .41 AE ammo was a 2 3/4-inch group — excluding one flyer — fired fairly quickly from 15 yards. If you counted the flyer I had a 5 1/2-inch group. Not bad for fairly rapid aimed fire without a rest. The 941 shot flawlessly in both calibers with not one jam or other malfunction of any kind experienced.

Our impressions of the 941 is that it is versatile, reliable and inherently accurate, pleasant and effective to shoot with. We've never shot anything made by I.M.I. that we didn't like, and the Jericho 941 is a great addition to I.M.I.'s outstanding line of top quality firearms. •

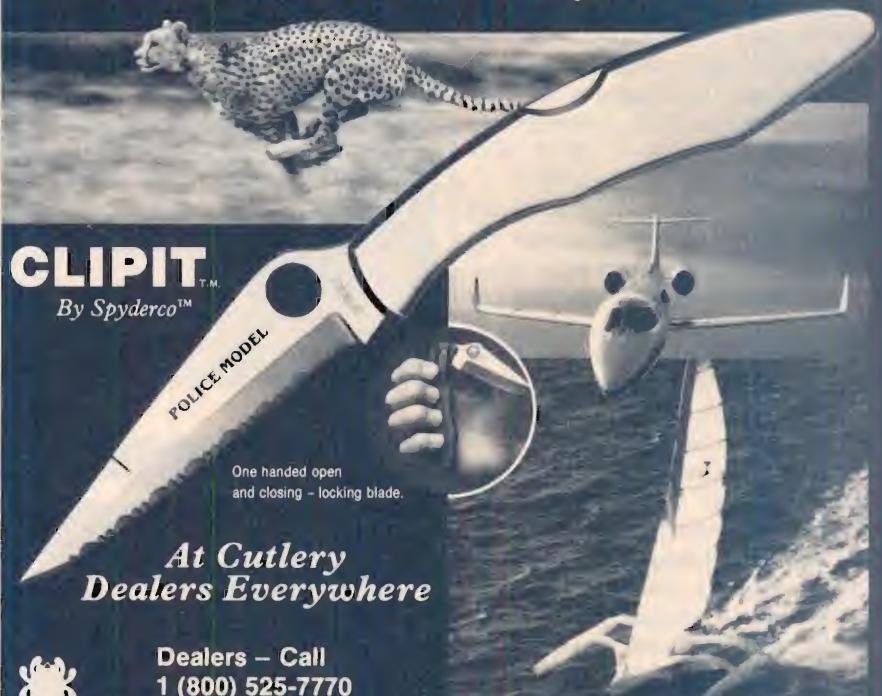
Jericho 941 Pistol: Tech Specs

Caliber	9 mm NATO, .41 AE
Action/operation	semiauto/recoil
Lengths:	
Overall	8 1/8 inches
Barrel	4 3/8 inches
Trigger reach	3 inches
Trigger pull (single action)	1.8-2.9 kg.
Height	5 1/2 inches
Width	1 1/4 inches
Weight,empty	2 lbs., 1 oz.
Rifling	6 polygonal grooves (RH), 9mm: 1 turn in 10; .41 AE: 1 turn in 18
Magazine capacities	.9 mm: 16 rds.; .41 AE: 11 rds.
Sights	drift adjustable (windage) rear square notch, front post with 3 tritium dots
Sight radius	6 inches
Price, suggested retail	\$849
Manufacturer	I.M.I., Israel
Importer	K.B.I., Inc. Dept. ASG P.O. Box 6346 Harrisburg, PA 17112 (717) 540-4645

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To The Point

(Continued from page 6)

And a good percentage of those vehicular deaths involve alcohol — drunk driving. This is in addition to some 20,000 acute alcohol poisoning deaths a year — drinking too much at one time. What in God's name are we doing allowing people to drink alcohol?! You don't *need* alcohol!!!

And then there's tobacco. My God! about one million people a year die from heart disease, much of it attributed to smoking. Just recently the Environmental Protection Agency and researchers at the University of California at San Francisco reported that up to 50,000 deaths a year in this country can be attributed to cancer and heart disease resulting from what is called "passive" or "second-hand" tobacco smoke — non-smokers involuntarily consuming smoke exhaled from smokers. How in the world can we allow people to smoke?! Why do you *need* to smoke?! Come on now! It's time to ban tobacco! Isn't it?!

Needless to say, banning these other things would cause a great deal of public hostility toward the politicians who voted for the bans. And these bans would rob people of a lot of the pleasure and happiness and — yes, *freedom* — that they enjoy in our society. Indeed, such bans would be tantamount to oppression and slavery. That's why you won't see such bans, although there are people around who want them.

But now guns, guns are something else again. Possession of guns constitutes a kind of freedom and independence in our society — indeed in the world — that an increasing number of brainwashed fools and the leftist politicians who influence them find outrageous and dangerous. The leftists have their plans for a state-controlled society. And these people don't give a damn about the vastly larger numbers of people who die in auto accidents, from alcohol or tobacco. They could care less. But the public's possession of guns is a serious threat to their desire to control people's lives and therefore is the object of intense hatred and fear among these people.

And that is why we *must* not lose our rights to lawfully possess and use guns. God help us if the neo-Marxists and their brainwashed followers ever gain such control over our lives that they are able to strip us of our firearms — *Jim Benson*.

AT-9 Carbine

(Continued from page 25)



The buttstock extended.



The M1-type safety locks the trigger and sear.



The AT-9 with scope attached in its padded carrying case from Feather Industries.

AT-9 Carbine: Tech Specs

Caliber	9 mm NATO
Operation	blow back
Type of fire	semiautomatic
Lengths:	
Stock folded	17 inches
Stock extended	35 inches
Barrel	17 inches
Magazine capacity	25 rounds
Sights	HK type front adjustable for windage, elevation; fixed front post with protective ring
Sight radius	13.5 inches
Weight, empty	5 pounds
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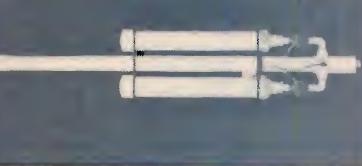
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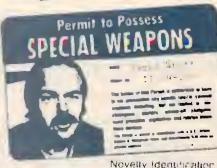
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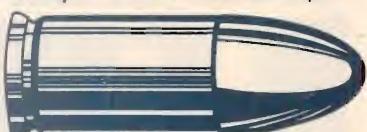
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SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0901

Norcross, Georgia. Write if you're interested in survival and survivalist training and interested in starting an outpost in the north Georgia mountains. Want to form an elite survival group of gung-ho hard-core individuals to undergo tough, physical missions. Only highly motivated individuals. Age no problem. Present or past military service helpful. Send photo and list of abilities and phone number. No commies, lazies or crazies.

ASG 0902

Hartford, Connecticut. Military trained armorer with some experience in light/heavy weapons repair, seeks exchange of ideas with individuals and groups in the Northeast and around the U.S. Possibility of forming a military-like survival group in the near future. Low profile a must. No Rambo's, commies, gays, bigots or crazies of any type. Serious replies only.

ASG 0903

Camp Lejeune, North Carolina. Are you tired of the leftists controlling the media, direction of our country, and our children's future? So are we. Let's work together to bring back the strong America we once had. Please write today. All letters from leftists and pacifists will be shredded and burned.

ASG 0904

Northwestern North Carolina. Pro-Americans wanted. The survival of our American way of life is a must! We need patriots to form units in our organization. Also forming research center. Need info on all subjects. Nothing too trivial.

ASG 0905

Houston, Texas. A survivalist organization (Alpha-Omega) with groups in 21 states is establishing Houston Chapter. Dedicated survivalists! Need leaders, followers, warriors, reproductionists, general personnel, weapons and supplies. Write for application.

ASG 0906

Ontario, Canada. Wanted! Families and individuals for expanding survival group. We need dedicated and resourceful people to include in future plans. Ontario and U.S. citizens can apply. Any age between 16 to 40 years old. No matter what training you have, we can supply the needed extras.

ASG 0907

Smyma, Georgia. Native American group with strong belief in the Old Ways. We are Apache but accept other tribes. All inquiries answered in strict confidence. Group leader is a traditionalist old line Medicine Man.

ASG 0908

Las Vegas, Nevada. Retired engineer, practical interest in designing novelties and survival gadgets, looking for self supporting survival group to join. Location on West Coast states including Canada.

ASG 0909

San Diego, California. Young family looking for local groups. Interested in ground shelters, survival, etc. Southern Riverside and Orange County also reply. No gays, drugies, Satanists or extremists, please.

ASG 0910

Elizabeth, New Jersey. Life loving mature minded teenager is interested in starting a group with fellow teens (male or female) who share interests in wildlife, living off the land, self defense, and outdoor survival tactics. No communists, drug addicts, flag burners, anti-gun activists, polluters, gays or Rambo's.

ASG 0911

Northeastern Pennsylvania. Small, loosely organized group looking for correspondence and possible potential members in surrounding area to exchange info and experiment with ideas. All serious replies will be answered.

ASG 0912

Menomonee, Wisconsin. I am a 27 year old single male with four years in the U.S. Army (1979-1983) looking to join a survival group in any state within the United States. I'm seeking to learn survival, etc. All inquiries answered.

ASG 0913

Woodside, New York. Seeking individuals, survivalists or veterans, with other useful skills (medical, mechanic, academic) to help join in promoting Constitutional Adherence and definitions of what is and isn't, and to be able to leave this pop-stand when the defecation hits the fan. All constitutionalists welcomed. Must be mature, self disciplined, capable.

ASG 0914

Lower Rio Grande Valley, Texas. Family oriented survivalist wishes to correspond with or meet others of like mind, in this area, for exchange of information and ideas, particularly on the subject of coastal or offshore survival along the Texas coast. No racists, Satanists, commies, or gays please. Will reply to all, but due to my occupation it may take several weeks.

ASG 0915

North Alabama. 26-year-old male would like to contact Christian survivalists in North Alabama and surrounding states. Individuals or groups. Male or female. No new agers.

ASG 0916

Duchesne, Utah. Have remote tree covered land for retreat/homestead. Need a few good people for small group. Great area for hunting and fishing. Parking on land is limited, access to cabin sites via ATV trails, no zoning, garden area with water, training available. Send resume of skills, hobbies, interests. No drugs, alcohol, gays, commies.

ASG 0917

Danville, Virginia. 20-year-old white male wishing to form survivalist group. Interested area residents please send a self description including expertise. Other contacts welcome.

ASG 0918

Cedar City, Utah. Inmate imprisoned because of survivalist beliefs and supplies, would like to receive any and all information on survivalist info and ideas to help me keep up to date. Wish to seek correspondence with anyone.

ASG 0919

Maryland, Virginia, West Virginia. Baltimore metro area survivalist seeks others in area to share ideas, training, etc. No "campers." Only real people who know what they want and how to accomplish it. No gays, pacifists, or commies need apply.

ASG 0920

Simsbury, Connecticut. 30-year-old woman with two small boys and two dogs looking for a male partner to move to Vermont and build underground dome/shelter. Must be Christian, non-smoker, 30s or older, have skills for building and survival, and must strongly believe in need to live as such. Any self sufficient communities or survival groups in CT or upper VT, please contact me also.

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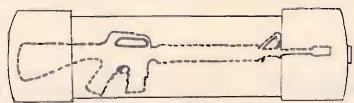
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Art Llebrez
San Rafael, California

I would like to express my feelings on the proposed bills which would outlaw the private possession of any semiautomatic firearm with detachable magazines. Such legislation is unconstitutional and an intolerable attack upon our Second Amendment rights. The problems facing this country with respect to drugs and violent crime are not the manifestation of individual firearms ownership but the failure of our criminal justice system. If Congress wishes to act positively to reduce the plague of drugs and violence on our streets, the liberal, ineffectual and incompetent criminal justice system will have to be radically changed. We must stop these repeated acts of violence and depredation being perpetuated upon us.

Steve Jordan
Kokomo, Indiana

Drug Infestation

I used to live in Durham, North Carolina. It is rated as the second highest crime area in the nation. Drugs are everywhere. I was a Loss Prevention

Supervisor with a large food store and the rate of loss was unbelievable. Some of the stores were in bad areas where as many as thirty users a day would come in to steal. My officers and I fought off guns and knives on a regular basis. My wife bought me a Kevlar vest for Christmas and it has already saved me. Just four days ago we moved to a very small town so my kids wouldn't have to grow up in a drug and crime-ridden environment. We now have good neighbors who care about each other, and members of our survivalist group live all around us. For the first time in years I have slept well and I haven't been afraid to leave my wife at home alone. Will I sleep well tonight? I doubt it. I drove down the road about two hours ago to get a Coke and as I pulled into the convenience store I saw two men in a jeep smoking crack from a glass pipe. I was stunned. I went into the store and without thinking, asked the girl and guy behind the counter if they knew there were two guys smoking crack in the parking lot. The scrawny punk looked at me and said, "How do you know they are smoking crack?" I said, "I've seen enough of it at my job to know it when I see it." Then the puny store clerk said, "you won't walk out of here alive, those are friends of mine."

I looked him in the eye with my best ex-Special Forces smile and said, "Stop me." He didn't, and I left. I feel like such a coward. I could have broken this boy in half. He threatened me over that little crap. I have to live here though, so what could I do? Our group has prepared for every emergency we can foresee. But tonight I have realized that the greatest threat is not from some commie country or disaster. It is already here. Terrorism at its worst is being practiced on our streets. The enemy is killing and robbing us and we can't stop it. The "war on drugs" has fizzled out. It wasn't even a good skirmish. All I hear are excuses from my government. We don't have enough jails, we don't have enough money, we don't have enough personnel. They can't protect us at all, but they want me to give up my guns? B.S. If I hadn't

had my gun tonight I wouldn't be writing this now!

Frosty Wilson
Siler City, North Carolina

Boycotting Time-Life

In the July 1990 issue you point out ways to counter the anti-gunners in the war against gun ownership. I took your advice and since reading your column, have sent back three flyers instead of just throwing them away. I just enclosed a note with the coupon saying that, because they sold videos of Hanoi Jane and videos produced by anti-gun ownership HBO, Time-Life, etc., I couldn't partake of their offer. The problem is I get a lot of junk mail and I need more names of corporations, companies and individuals who oppose gun ownership or want to limit gun use. I know I'm throwing away mail that I could send back to have my voice and views heard, right where it counts, in the pocketbook.

James R. Gorton
Essex, Massachusetts

Contact the NRA (202-828-6330) and ask for a reprint of the article "The Who's Who of Gun Control In America" which appeared in the March 1990 issue of American Rifleman magazine.

Governmental Rip-Offs

As probably everyone who reads ASG knows, the U.S. Senate has voted on amendments of a new crime control bill which outlaws certain types of semiautomatic weapons. Essentially this is nothing more than one step in the march to disarm the American people. This should come as no real surprise as professional gun haters abound in the halls of Congress. What is interesting is the fact that the same people who profess the righteous hatred of guns are the same people who are up to their eyeballs in the savings and loan scandal. But then I suppose if I ripped off the American people to the tune of four hundred billion dollars, I wouldn't exactly want the people to have guns either.

John C. Hillman
Flower Mound, Texas •

Gun Control:

Stockton Shootings: Media-Government Coverup

The public has never been informed of many of the facts about the life and actions of mass killer Patrick Edward Purdy. . .



By Aaron Zelman, founder,
Jews for the Preservation
of Firearms Ownership (JPFO),
and Jim Benson

THE shooting rampage in a Stockton, California, school yard last year by the mentally ill drifter Patrick Edward Purdy, a man with a long criminal record, was the catalyst for the unprecedented assault on legal firearms ownership American gun owners have endured for the past 20 months.

Purdy's use of a semiautomatic AK-47 rifle to kill five children and wound 30 others at the Cleveland Elemen-

tary School in Stockton, after which he shot himself to death, received an enormous amount of media attention and consequently resulted in a wave of national hysteria over firearms ownership that has led to a host of state and national restrictions and bans on semiautomatic and other firearms.

Purdy's shooting rampage and suicide have been followed by several others—in Louisville, Kentucky, and

Canada last year and, recently, in Jacksonville, Florida. In all cases the killers were deranged and deeply alienated individuals. Mental illness, criminal backgrounds and an inability to adjust socially are factors common in these and other mass killings which have taken place over the years. In all cases, extensive media attention and subsequent cries for greater restrictions and outright bans on private possession of firearms by gun control advocates always follow the killings.

There is strong evidence to show that the excessive media attention mass killers receive is a motivating factor in the commission such crimes. The intense media attention given these misfits provides them and other mass killers who emulate them with a vehicle for expressing their feelings of rage and hostility toward society. The national media has ignored this, choosing instead to harangue the public again and again about the supposed need for more gun control. The evidence for a media role in these mass killings needs to be examined.

For example, Patrick Purdy told mental health workers he closely identified with an Oklahoma postal worker who murdered more than a dozen of his co-workers and then shot himself to death in 1986. Two weeks before he massacred the children he told a bartender, "You're going to read about me in the papers." And Louisville mass murderer Joseph Wesbecker had paid close attention to the publicity the press gave to Purdy's killings. After Wesbecker committed a very similar crime, returning to a Louisville printing plant where he had worked with a semiautomatic AK-47 like the one Purdy used and killing numerous former co-workers with it before shooting himself to death with a 9 millimeter handgun as Purdy had done, police found in Wesbecker's home a copy of *Time* magazine opened to an article about the Purdy massacre.

Whether or not society and government are capable of intervening in the lives of mass killers and preventing tragedies such as the murders Purdy committed—murders of children which shocked and outraged the nation—is debatable. But to blame firearms ownership and the availability of guns to the public for such crimes is, to gun owners, an outrageous injustice, one that may lead to more innocent lives being lost to mass killers by a society unprepared to deal with them.

The killings by Purdy seemed to set a bizarre precedent which has been fol-

lowed repeatedly with each new mass murder case reported in the press since: the killer's background is hurriedly and superficially reported on and then largely ignored, while the lurid details of the crime are sensationalized over and over for maximum effect. Then many in the media, government and other segments of society begin clamoring for ever more restrictive gun control as the answer to such crimes and are given widespread media attention. The public is led to believe gun bans and confiscations or other harsh restrictions on gun owners are the only solutions to the problem.

Appeals for gun control based strictly on gut-wrenching emotional reaction to these crimes and in the absence of conclusive statistics to support more gun control is part of the now typical pattern in which the media and government always respond. The fact that over 99 percent of the people who own firearms are responsible and stable citizens who never use guns unlawfully is always, intentionally, ignored.

Conspiracy Theories — This has given rise among gun owners and enthusiasts to numerous conspiracy theories, including perhaps the most common one that these mass murders are somehow being orchestrated by the government, or certain elements within the government, the media, and other groups (foreign governments?) to achieve the disarmament of the people.

As hard as it is for rational people to believe that government or others would be behind mass murders, these most recent killings always seem to occur just when some state legislatures and Congress are considering strict gun control proposals. They could not have been more exquisitely timed for the purposes of the gun control advocates. And the highly emotional appeals made repeatedly for gun control in the media have understandably given rise to fear and suspicion among many firearms owners and civil libertarians.

Only adding to these fears and suspicions is the fact that the major media have, for the most part, uniformly and openly rejected the arguments of pro-gun groups and individuals and engaged in a vicious propaganda campaign against them, giving anti-gun people rein to vigorously promote their cause to the public while suppressing the arguments of pro-gun groups.

It is no secret to many people that many of those who control our mass media are strongly left-wing, sympathetic to authoritarianism, and

desire the elimination of firearms ownership by the public.

With all this in mind, it's interesting to examine some of the facts about Patrick Purdy related to the school yard killings in Stockton which were never, to our knowledge, made public by the press, facts which have only come to light by a careful study of a report on the killings done for the California Attorney General, John K. Van de Kamp, and released last October. This report was barely mentioned by the press and few of its findings were ever made public. Although this report, *Patrick Edward Purdy and the Cleveland School Killings*, is a public document and personnel in the California Department of Justice promised to provide us with a copy of it, they failed to do so despite repeated requests and only released a copy after it was formally requested by a California state assemblyman.

In an article on the report that appeared in the *Los Angeles Times*, Attorney General Van de Kamp declared that a "festering hatred" of minority groups led Purdy to commit the massacre at the school, which had Asian and other minority students. All of those children killed by Purdy and most of those wounded were Asians.

This was the thrust of the *Times* article and there was ample evidence in the report to support the conclusion that Purdy hated minorities.

But the report discloses far more information about Purdy's life and activities, few of which have been even mentioned by the press or government. It details the broken home of Purdy's tormented youth, his father's schizophrenia and death, Purdy's own mental problems, his long criminal record, and the numerous instances where he gave definite indications that he wanted to kill other people and himself.

(For a copy of the report's chronological life history of Purdy, send \$3 to: JPFO, 2872 So. Wentworth Ave., Milwaukee, WI 53207)

The report exonerates the state for failing to recognize and deal effectively with Purdy's problems while emphatically demanding that nationwide bans on firearms of the type he used and limits on their magazine (ammunition) capacities be imposed to prevent such occurrences in the future. In short, the report tries but fails to cover up the incompetence of the social welfare and judicial systems of California.

Mental Illness — Purdy was treated off and on during his life for mental

Stockton Shootings: Media-Government Coverup

illness and had been tentatively diagnosed as a paranoid schizophrenic, like his father. He told mental health workers he strongly identified with Oklahoma mass murderer Patrick Sherrill, who in 1986 killed 14 co-workers and wounded six others at a Post Office where he worked before shooting himself to death. This was another mass killing given widespread attention by the news media. And it was one of the first times Purdy gave state authorities a hint of what he would do later.

Purdy had more than once expressed the desire to kill himself and others to mental health workers and law enforcement personnel. In April 1987 when he was jailed for illegally discharging a firearm, being drunk in public, resisting arrest and vandalism, the jail intake report stated that he was "suicidal and homicidal" and expressing thought of killing himself and others with a gun/bomb.

After serving time in jail for this incident Purdy was placed on probation and as a condition of that probation a judge ordered him not to purchase or possess any guns. Within months he purchased a MAC-10 pistol and, presumably, passed his background check and two-week waiting period. Later he purchased, in Oregon, the AK-47 semiautomatic rifle he used in the killings, and still later in Stockton, purchased a Taurus 9 millimeter pistol he killed himself with after shooting the children. He also passed the state-mandated background check and waiting period for the Taurus pistol and picked up the gun a few days before he committed the killings.

During his short life Purdy, who began living on the streets at age 13 when his mother threw him out of her home, was charged with several serious felony crimes such as possession of dangerous weapons, extortion, attempted robbery and possession of stolen property as well as with less serious offenses. Yet he was never convicted of any of the felonies he was charged with and was always let off with little or no punishment. This made it legal for him to purchase guns.

The report states that his probation officers in 1987 and 1988 did not know he purchased the guns in violation of his probation and that this was not illegal anyway under California law — *it was not illegal*, the report states, *but merely a violation of probation*. Is

this some sort of twisted California logic?

Purdy was getting nearly \$700 a month in Social Security benefits for being mentally unbalanced — more than many people receive after a lifetime of working and contributing to the Social Security system. In completing a disability report for the benefits, Purdy stated that his problem was, "I'm gay and in the recent past I had some bad drug problems." He was apparently under no restrictions while receiving this money and was free to work and earn still more money, providing him with sufficient funds to buy the guns he wanted and used in the killings. Can any Patrick Purdy-type person be given \$700 a month by the welfare system?

While detailing the many times Purdy indicated that he intended to commit murder and suicide, the report insists that it was not possible to intervene in Purdy's case to incarcerate or restrain him since this would have been a violation of his civil rights. It is nevertheless admitted in the report that perhaps the pendulum of societal attitudes has swung too far in the direction of protecting the rights of social misfits like Purdy. Will left-wing legal lobbying groups like the American Civil Liberties Union now complain if homicidal maniacs are given less protection?

Along with recommending changes in the laws to make it easier for the state to deal effectively with people like Purdy, the report concludes that "only major restrictions on the fire-power he could bring to bear on his intended victims would have made a difference in the outcome" of his attack on the school children and "national bans should be enacted on assault weapons and high-capacity magazines."

In defending the lack of substantial prison time given to Purdy for his crimes, the report states that more than one-third of all males in California are arrested at least once for a felony between the ages of 18 and 29 and that it is impossible to imprison them all due to lack of prison space available: "No criminal justice system in the world has the capacity to imprison everybody arrested for that level of offense for substantial periods of time." Yet the report does not indicate how state or national authorities would then be able to enforce by imprison-

ment those unconstitutionally penalized by the recommended bans on semiautomatic guns and large-capacity magazines.

"Citizens in a free society have no need" for weapons such as the AK-47 Purdy used, the report declares. "Not only was the nature of the weapon (used by Purdy) likely to cause more damage than something less powerful but its nature made irrational use of it more likely."

In addition, the report erroneously concludes that while the AK-47 round (7.62 x 39 mm) has great potential for doing damage to the human body, the 30 school children shot by Purdy survived because their small bodies did not offer much resistance to the bullets—resistance which would, it is naively alleged, create tumbling and greater tissue damage.

It's not surprising, given the strong anti-firearms-ownership/anti-Bill of Rights stance of Attorney General Van de Kamp and other politically motivated California government and police officials, that erroneous statements like these would be made in the report. But the public, which is largely ignorant of wound ballistics and which has been constantly misled about the effects of bullets from guns like the AK-47 compared with common hunting rifles, tends to believe such statements and then to support strict gun controls.

The report clearly contains many significant details about Purdy's life and the inability of the law enforcement, judicial and mental health systems in California to effectively deal with him to protect society from him.

These are facts which should have been considered by lawmakers, the media and the public during the debates over gun control that followed the killings. Instead, this and other information that should have been seriously considered in the debates was ignored or swept aside in favor of hysteria and emotionalism. Such a one-sided view of the problem of mass killers is serving well the ulterior motive of the most ardent of the gun control advocates: the disarming of the public and the abrogation of the Second Amendment to the U.S. Constitution.

The time has come for the citizenry to loudly speak out in protest against the media-government coverup of this and other firearms-related crime issues in the war over gun ownership. ●

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Staff Evaluation

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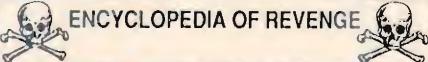
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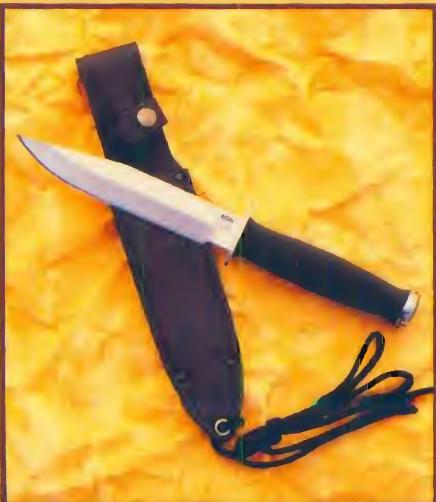
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Food Saver II home vacuum packing system from NITRO-PAK Survival Foods & Supplies, Dept. ASG, 13243 E. Rosecrans Ave., Santa Fe Springs, CA 90670-4940; (800) 866-4876. With the Food Saver's vacuum packaging it's possible to enjoy the savings of buying in bulk without food waste. It comes with an attachment to vacuum seal wide mouth jars using Ball or Kerr lids in seconds. Perfect for packing up fresh or dehydrated foods into convenient meal-size servings till ready to use. Food Saver measures 5½ inches high by 19 inches long by 6½ inches wide. It is a certified factory reconditioned unit in virtually new condition and includes the wide mouth jar sealing attachment and two rolls of bags — one 8 inches and one 11 inches. One year manufacturer's warranty. Value: \$200.



Prize No. 5

The Wenger Matterhorn Plus Swiss Army Knife, also called the Pocket Tool Chest, from SI Outdoor Food & Equipment, Dept. ASG, 435 W. Alondra Blvd., Gardena, CA 90248; (213) 324-8859 or 8855; toll free outside California (800) 533-7415. This model is the top of the line, featuring the most functions and the widest variety of uses of a Swiss Army knife. Includes main blade, sawtooth blade, scissors, Phillips and flathead screwdrivers, metal and nail files, awl, corkscrew, fish scaler and hook remover, universal wrench, can and bottle opener, magnifying lens, ruler and compass, toothpick and tweezers. Value: \$75.



Prize No. 6

Government model knife from SOG Specialty Knives, Dept. ASG, P.O. 1024, Edmonds, WA 98020; (206) 771-6230. A high quality field knife with a very reasonable price. All steel construction with wrap-around checkered black Kraton handle. The short steel crossguard guarantees a barrier between hand and blade but allows for a forward finger position when extra pressure or leverage is needed. The steel pommel enables the knife to be a field hammer or to be hammered. Blade is 6¼ inches. Overall length is 11¼ inches. Weight is only 8½ ounces. A handsome black leather ambidextrous sheath adds only another 3 ounces of weight. Value: \$70.

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